



SALT FREE BLENDS

Organic
All Natural

SALT-FREE
SEASONING BLENDS



Gluten Free



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5 REASONS TO LOVE ENGAGE ORGANICS

Cook Healthier Meals: Organic, Gluten-free, Salt-free, Non-GMO, Local

- Nix salt and reduce sodium levels to recommended 1500 mg/day

Delivers Antioxidant Compounds

- Improves the Way Cells Metabolize Glucose

Fires up Metabolism

- Herbs and Spices Burn Extra Calories and Fat

Boosts Brain Power

- Loaded with cumin, shown to improve memory

Be Heart Healthy

- Live a longer life without heart disease

@engageorganics.com #Healthy4life

<http://www.engageorganics.com>

info@engageorganics.com

NO SALT

ORGANIC

GLUTEN-FREE

NON-GMO

Original All-Purpose: Do your heart a flavor and create healthier meals by nixing salt. Sprinkle All-Purpose on any recipe for stews, casseroles, soups, roasts, marinades & salad dressings. Use it at the table to enliven the antioxidant properties of salads and veggies.

Garlicsaltless: This is the recipe that came in a dream and never had to be changed. There is nothing like Garlicsaltless for popping flavor while sautéing, roasting, or grilling. Perk up egg dishes, veggies, rice, & potatoes without the fuss. Remember 1/2 tsp = 1 clove garlic.

It's-A-Dilly: If you want the best potato, tuna, and chicken salads grab this blend and shake liberally to taste. It's-A-Dilly makes a delicious dip for veggies and crackers. Mix 1 tbsp. into 1/2 cup sour cream or yogurt, and 1/2 cup mayo. Fold in 1/3 cup chopped dill pickles and 1 tsp. pickle juice. Blend until smooth. Watch the smiles. This dip is addictive.

Tuscany-Mix: If you want pasta entrees to sing, make your sauce with Tuscany-Mix. Or sprinkle in premade sauces or pizza to kick up flavor. Define the difference between bland and tasty in just a shake or more for salad dressings & soups--or the best meat loaf ever!

Mexi-Mix: No need for high-sodium taco packets with Mexi-Mix in the cupboard. Sprinkle 1-2 tsp. in tacos, guacamole, enchiladas, chili, or salsa for flavor that's been a secret ingredient in chili cook-off contests. Try a delicious dip and burrito filling by blending 1 Tbsp. Mexi-Mix, 1/2 cup mayo, 1/2 cup sour cream, 1 can refried beans, until smooth.

Lemon Pepper: Make a fabulous lemon chicken by liberally sprinkling Lemon Pepper inside and out a whole chicken before roasting. There is no salt or sugar in this blend. Only high quality organic lemon peel to pop flavor on veggies, fish, and poultry.

Sweet Cinn Cinnamon has natural cholesterol lowering benefits. Sprinkle in coffee grounds before brewing. Stir into oatmeal to control blood sugar. It's tasty on sweet potatoes or lentils, and incredible in apple and pumpkin pies, cookies, and breads. (Add 1-2 tsp. per baking recipe.) Make your own Jerk Rub by combining it with Garlicsaltless to taste.

Seed-free All-Purpose: This is our famous All-Purpose without seeds for those on special diets. Use it instead of salt in cooking or at the table as your tasty weapon against salt.

Go-Grill-A-Rub: Rub on beef, ribs, poultry, fish, veggies, tofu for multi-layers of heat and spicy sweetness. Grill a chicken breast and dice it for the best chicken salad ever. Use to flavor rice, potatoes, and grilled veggies. It's not just for barbecue anymore.

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