

Condiments, Sauces & Dips - Oh My!

Did you know that most commercial condiments, sauces & dips contain non-food STUFF such as hydrogenated fats, unhealthy oils, hidden sugars and preservatives? (even some organic versions!) YIKES!

Tuesday, April 8th
11:00am - 12:30pm



Learn how to conquer this section of your refrigerator with no-guilt, good-for-you & scrumptious versions!

Watch demonstrations to learn EXACTLY how to make THREE core scrumptious condiments PLUS how to transform them into even more tasty creations!

See how this addition will give you A LOT more variety for your meals in an efficient way! (Your family will thank you!)

Information/recipe packets, demonstrations & tasting samples are all included!

\$33 per person

Registration with payment is required by March 31st to ensure adequate samples for everyone. Registrations after this date may be taken on an individual basis.

Location: Columbia, MD

This class location is in a private home in Columbia, MD near the intersection of rt. 175 and rt. 29. Exact address will be provided upon registration.

SPACE IS LIMITED — save your seat ASAP!

gluten-free, sugar-free, dairy-free,
SCD-friendly, Paleo-friendly & GAPS-friendly

[Register Online](#)

<http://www.simplisticwholistic.com/events/2014/04/condiments-sauces-dips-oh-my-in-columbia-md>



Class Instructor

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