

Superfood Sauce: Frequently Asked Questions

Are the sauces safe for people with allergies?

Yes, I created the sauces to be safe and appropriate for a wide variety of diets, tastes, and health conditions. All four sauces are all-natural, dairy-free, nut-free, gluten-free, and vegan/vegetarian. Sauces don't contain high-fructose corn syrup, MSG, artificial preservatives or colorings, they are free of the top 10 allergens including wheat, milk, eggs, peanuts, tree nuts, fish, shellfish, sesame, gluten, and soy.

Are the sauces safe for Celiac sufferers?

Sauces are produced in a gluten free facility and are completely free of gluten. Natural starches used as thickeners in the sauces are also gluten free as well as all ingredients used in production.

How long do the sauces last?

The Superfood Sauces are shelf-stable for up to three years until opened (stored out of sunlight in a cool place). Once opened, always refrigerate and store refrigerated for up to 3 weeks. Each bottle comes with a born-on date.

Are sauces safe for people with high blood pressure or those on a low-sodium diet?

Yes! The Superfood Sauces contain lots of healing, tasty spices in place of high amounts of sugar, fat or salt to make a flavorful, low-sodium sauce safe for people following low sodium diets. Except for Pomegranate Cayenne (75 mg), the sauces contain 30-55 mg of sodium per two tablespoon serving.

What is the healthiest way to use the sauce?

Start by cooking with everyday superfoods, especially vegetables like kale, broccoli and spinach. Aim for 2 cups of a superveggies per meal, they should be the base on your plate. Then add 2 to 4 ounce of a healthy lean protein such as tofu, nuts, boneless skinless chicken, lean cuts of red meat (like filet or flank), and fresh superfish (like salmon or shrimp). Then add in 1 cup of a whole grain carb if you wish, such as cooked brown rice, farro, oats, quinoa or buckwheat.

Are the sauces good for sautéing and grilling?

Yes, the sauces work well in all cooking applications, including sautéing and grilling. For best results when sautéing or pan frying, add the sauces towards the end of cooking. Sauces are also great as a finishing or dip. Find more tips and 30 ways to use the sauces on our website at <http://naturalfoods.skinnychef.com>