

SPICE

UP YOUR LIFE: ITALIAN

ADD FLAVOR WITH...



Fresh or Dried Herbs



Spices



Intense Flavors like Garlic, Citrus, or Hot Peppers

TRY THESE:



HERBS: OREGANO, BASIL, MARJORAM, TARRAGON, PARSLEY

SPICES: BLACK PEPPER, GARLIC POWDER, RED PEPPER FLAKES

INTENSE FLAVORS: LEMON, VINEGAR, GARLIC

GET COOKIN'



For recipes and more wellness tips, visit nutrition.ilcreations.com

