

Spice up your kitchen with our YGY Easy Eats™ Sesame Ginger Blend!

Its tangy, subtly sweet flavor is a guaranteed crowd-pleaser, ideal for enriching your favorite recipes with Asian-inspired flair. Use it to elevate your stir-fries, egg roll dipping sauces, meat marinades, and more.

Nutrition Facts / Información Nutricional

120 Servings Per Container / Porciones por envase
Serving Size / Porción: 1/4 tsp / cdtá (0.8 g)

Amount Per Serving / Cantidad por porción

Calories/Calorías 0

% Daily Value* /
% Valor Diario*

Total Fat / Grasa Total 0 g **0%**

Saturated Fat / Grasas Saturadas 0 g **0%**

Trans Fat / Grasas Trans 0 g

Cholesterol / Colesterol 0 mg **0%**

Sodium / Sodio 30 mg **1%**

Total Carbohydrate / Carbohidratos Totales 0 g **0%**

Dietary Fiber / Fibra Dietética 0 g **0%**

Total Sugars / Azúcares Totales 0 g

Includes 0 g Added Sugars /
Incluye 0 g de Azúcares Añadidos **0%**

Protein / Proteína 0 g

Vitamin D / Vitamina D 0 mcg 0% • Calcium / Calcio 0 mg 0%

Iron / Hierro 0.1 mg 0% • Potassium / Potasio 0 mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*El % de valor diario (VD) indica cuánto aporta un nutriente de una porción de alimento a la dieta diaria. En general se recomienda consumir 2000 calorías al día.

Ingredients: Toasted sesame, Honey granules (raw brown sugar), Black sesame, Sea salt, Garlic, Ginger, Coconut, Distilled white vinegar powder (Non-GMO Maltodextrin IP).
Contains: Sesame

Ingredientes: Ajonjolí tostado, Miel granulada (Azúcar mascabado sin refinar), Ajonjolí negro, Sal de mar, Ajo, Jengibre, Coco, Vinagre blanco destilado en polvo (Maltodextrina IP libre de transgénicos).

Contiene: Sésamo

Here's why we think you'll love YGY Easy Eats™:

Fresh Authentic Flavors

- Spice up marinades, soups, dressings, rubs, aiolis, and so much more

Completely Customizable

- Whip up your ideal celebration spread on the fly, on a budget, or with a touch of embellishment

Easy to Use

- Instant packets save you a trip to the store, are easy to share, and give you multiple servings each!

Dr. Wallach-Approved

- Vegan, gluten-free, and non-GMO; no artificial ingredients, colors, or flavors

For more information, contact:

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Manufactured in the U.S.A. for:

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INTRODUCING

YG Y Easy Eats™

Spice Up Your Day with Fresh, Tasty Flavors!



FAST

Sesame Ginger Dressing or Marinade

by Denise T.



Ingredients

- 3 tbsp soy sauce
- 2 tbsp rice vinegar (or white vinegar)
- 2 tbsp avocado oil (or oil of choice)
- 1 tbsp sesame oil
- 1 tbsp honey (or maple syrup)
- 1 tbsp fresh lime juice (or lemon juice)
- 1-2 tbsp YGY Easy Eats™ Sesame Ginger Blend
- 1/2 tsp YGY Easy Eats™ Roasted Garlic Aioli Seasoning (optional)

Directions:

1. Whisk together all ingredients, adjusting to taste (tip: add more honey for sweetness or vinegar for extra tang).
2. Use immediately or store in the fridge up to 5 days.



FRESH



Asian-Style Edamame

by Terra-Lee L.



Ingredients

- 2 cups frozen edamame (in pods)
- 1 tbsp soy sauce, tamari, or coconut aminos
- 1 tsp sesame oil (optional)
- 1 1/2 tsp YGY Easy Eats™ Sesame Ginger Blend
- 1/2 tsp chili flakes (optional, for heat)
- Optional garnish: Toasted sesame seeds and sliced green onion

Directions:

1. Boil edamame 3-5 minutes in salted water or steam according to package instructions. Drain and let cool.
2. Whisk together remaining ingredients and toss with cooked edamame until fully coated. Add garnish and serve.
3. Use for omelets, salads, or eat plain!



SCAN FOR MORE RECIPES

FABULOUS

Egg Roll in a Bowl

by Jacqueline M.



Ingredients

- 1 lb ground beef or ground chicken
- 1 tbsp butter (or oil of choice)
- Salt and pepper, to taste
- 1 tbsp YGY Easy Eats™ Sesame Ginger Blend (optional: add extra 2 tsp to sauce)
- 1/2 onion, chopped
- 2 carrots, peeled and julienned
- 3 cups coleslaw mix (or shredded cabbage mix)
- 1/4 cup low-sodium soy sauce (or coconut aminos)
- 2 tsp honey (or maple syrup, optional)
- 2 tsp sesame oil (optional)
- 1 tsp chili flakes (optional)
- Optional sides/garnish: Cooked rice and green onions, chopped

Directions:

1. Melt butter in large wok or skillet over medium-high heat.
2. Season meat with salt, pepper, and seasoning blend. Add to wok and cook 7 minutes, or until cooked through.
3. Stir in onion and carrots, cooking until they start to soften (about 7 minutes). Toss in the coleslaw mix and stir to combine.
4. Whisk together remaining ingredients and pour sauce into wok.
5. Cook 3-5 more minutes, or until the cabbage is tender-crisp. Serve over a bed of cooked rice; add garnish and enjoy!

