

GOURMET LOW SODIUM SEASONING BLENDS

Flavor without the salt - 1:1 Substitution Ratio

BLEND NAME	INGREDIENTS (EQUAL PARTS)	BEST FOR
Citrus Herb	<i>Dried Lemon Peel, Thyme, Rosemary, Cracked Black Pepper</i>	Poultry, White Fish
Smoky Umami	<i>Smoked Paprika, Nutritional Yeast, Garlic Powder, Onion Powder</i>	Beef, Roasted Potatoes
Mediterranean	<i>Oregano, Basil, Marjoram, Dried Parsley, Toasted Sesame</i>	Lamb, Salads, Pasta
Provençal Gold	<i>Lavender, Fennel Seed, Savory, Dehydrated Orange Zest</i>	Salmon, Roasted Vegetables
Spiced Heat	<i>Ancho Chile, Cumin, Coriander, Ground Ginger, Mustard Powder</i>	Tacos, Chili, Stir-fry

Store in airtight glass jars in a cool, dark place. Use within 6 months for peak potency.