

# LOW SODIUM SPICE BLENDS

## **Salt-Free Taco**

- Chili Powder *2 tbsp*
- Cumin *1 tbsp*
- Garlic Powder *1 tsp*
- Onion Powder *1 tsp*
- Smoked Paprika *1 tsp*
- Red Pepper Flakes *½ tsp*

## **Classic Italian**

- Dried Basil *2 tbsp*
- Dried Oregano *2 tbsp*
- Dried Rosemary *1 tbsp*
- Dried Thyme *1 tbsp*
- Garlic Powder *1 tbsp*

## **Zesty Lemon Pepper**

- Dried Lemon Peel *3 tbsp*
- Cracked Black Pepper *2 tbsp*
- Onion Powder *1 tsp*
- Dried Thyme *½ tsp*

## **Savory Poultry Rub**

- Dried Sage *1 tbsp*
- Dried Thyme *1 tbsp*
- Dried Marjoram *1 tsp*
- Black Pepper *1 tsp*
- Celery Seed *½ tsp*

## **Steakhouse Blend**

- Coarse Black Pepper *2 tbsp*
- Smoked Paprika *1 tbsp*
- Garlic Powder *1 tbsp*
- Onion Powder *1 tbsp*
- Dried Mustard *1 tsp*
- Coriander *1 tsp*

## **Mild Curry Base**

- Turmeric *2 tbsp*

- Coriander *1 tbsp*
- Cumin *1 tbsp*
- Ground Ginger *1 tsp*
- Black Pepper *1 tsp*