

LOW SODIUM SPICE BLENDS

Flavor without the Salt

ALL-PURPOSE BLEND

- Garlic Powder **2 tbsp**
- Onion Powder **1 tbsp**
- Black Pepper **1 tbsp**
- Dried Parsley **1 tbsp**
- Paprika **2 tsp**

TACO SEASONING

- Chili Powder **2 tbsp**
- Cumin **1 tbsp**
- Smoked Paprika **1 tsp**
- Coriander **1 tsp**
- Cayenne Pepper **1/4 tsp**

ITALIAN HERB

- Dried Oregano **2 tbsp**
- Dried Basil **2 tbsp**
- Dried Thyme **1 tbsp**
- Dried Rosemary **1 tbsp**
- Red Pepper Flakes **1 tsp**

LEMON PEPPER

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

Directions: Grind whole seeds if necessary. Store in airtight glass jars in a cool, dark place.