

Spice Blend Trio

Homemade spice blends are a great way to add seasoning to your meals while watching your sodium and calorie intake – having a batch or two on hand means flavorful food on the fly!

YIELD	PREP TIME	TOTAL TIME
3 BATCHES	10 MIN	10 MIN

INGREDIENTS

Taco Spice Blend:

3 Tbsp	Chili Powder
3 Tbsp	Onion Powder
1 Tbsp	Cumin
1 Tbsp	Coriander
1 Tbsp	Garlic Powder
1 Tbsp	Paprika, smoked or regular
1 ½ tsp	Black Pepper
3/4 tsp	Cayenne Pepper (optional)

Moroccan Spice Blend:

1 tsp	Paprika, regular or smoked
½ tsp	Cumin, ground
¼ tsp	Brown Sugar
¼ tsp	Cardamom
¼ tsp	Ginger, ground
1/8 tsp	Allspice, ground
1/8 tsp	Black Pepper, ground
1/8 tsp	Cinnamon, ground
1/8 tsp	Cayenne Pepper

Garlic & Herb Spice Blend:

1 tsp	Basil, dried
1 tsp	Thyme, dried
2 tsp	Garlic, granulated
1 Tbsp	Nutritional Yeast

CHEF'S NOTES

These spice blends make a great dip for vegetables and pita chips. You can also try as a sandwich spread for added flavor.

To make any of these blends into a dip: mix 1 ½ tsp of your spice blend into 1 cup of Greek yogurt, 2 tsp of water, and ½ salt. Add in lime or lemon juice to taste. Refrigerate for a few hours before serving to allow the flavors to develop.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all of the seasonings from the desired spice blend in a small container or jar with a lid. Cover and shake well to combine.
3. Can be used immediately in your favorite recipe and any leftovers can be stored in a sealed container for up to six months in a cool, dark space.

