

# Salt-Free All-Purpose Seasoning

*Mix up this versatile salt-free seasoning to add extra flavor on everything from meats to vegetables while keeping your sodium in check!*

<b>YIELD</b> 1/2 Cup	<b>PREP TIME</b> 2 MIN	<b>TOTAL TIME</b> 5 MIN
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## INGREDIENTS

2 Tbsp	Garlic Powder
1 Tbsp	Paprika, regular or smoked
1 Tbsp	Basil, dried
1 Tbsp	Parsley, dried
2 ½ tsp	Thyme, dried
2 tsp	Oregano, dried
2 tsp	Onion Powder
½ tsp	Cayenne Pepper

## CHEF'S NOTES

You can customize this blend using your favorite herbs and spices.

Step up your flavor profile even more by adding a squeeze of fresh citrus juice or a touch of citrus zest to brighten the taste of your favorite dishes.

Make this recipe in a bigger batch to keep on hand for whenever you want delicious flavor on the fly! Store in an airtight container for up to six months.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small bowl, combine all the seasonings. Mix until well combined.
3. Can be used immediately or stored for later use.

# Nutrition Facts

8 servings per container

**Serving size** 1 Tbsp (6g)

**Amount Per Serving**

**Calories** 20

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 4g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.1mg 6%

Potassium 90mg 2%

\* 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.

