

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!

YIELD 1/2 Cup	PREP TIME 2 MIN	TOTAL TIME 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 together until well combined.
3. Can be used immediately or stored for later use.

Nutrition Facts

16 servings per container

Serving Size 1/2 Tbsp (3 g)

Amount per serving

Calories 10

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g 0%

Dietary Fiber less than 1g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.59mg 3%

Potassium 38mg 0%

*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.

