

Homemade Spice Mixes

For a Healthier You
SAVE TIME IN THE KITCHEN AND
EAT DELICIOUSLY.



HOMEMADE SPICE MIXES

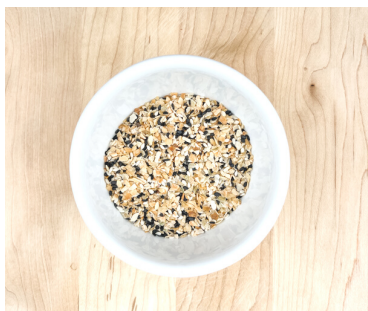
For healthy eating

Take 30 minutes to make these spice combinations and save yourself hours in the kitchen while still making flavorful meals that satisfy.



Taco Seasoning

- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tsp fine sea salt
- 1 tsp ground black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano



Everything Bagel

- 2 tbsp poppy seeds
- 1 tbsp white sesame seeds
- 1 tbsp black sesame seeds
- 1 1/2 tbsp dried minced garlic
- 1 1/2 tbsp dried minced onion
- 2 tsp sea salt



Jerk Seasoning

- 1 tbsp onion powder
- 1 tbsp garlic powder
- 2 tsp cayenne pepper
- 2 tsp salt
- 2 tsp black pepper
- 2 tsp dried thyme
- 1 tsp sugar (optional)
- 1 tsp allspice
- 1 tsp dried parsley
- 1 tsp paprika
- 1/2 tsp red pepper flakes
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground clove
- 1/4 tsp ground cumin



BBQ

- 2 tbsp paprika
- 2 tbsp garlic powder
- 2 tsp chili powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper
- Dash of cayenne pepper (optional if you desire a spicier flavor)



Italian Seasoning

- 2 tbsp dried basil
- 2 tbsp dried oregano
- 2 tbsp dried parsley
- 1 tbsp dried rosemary
- 1 tbsp dried thyme
- 1 tbsp red chili flakes
- 1 tsp garlic powder



All Spice

- 1 tbsp nutmeg ground
- 1 tbsp cloves ground
- 1 tbsp cinnamon ground



Pumpkin Spice

- 3 tbsp, plus 1 tsp ground cinnamon
- 2 tbsp ground ginger
- 2 tsp ground nutmeg
- 1 1/2 tsp ground cloves
- Dash of black pepper



Ranch Seasoning

- 1 tbsp dried parsley
- 1 tbsp dried dill
- 2 tsp garlic powder
- 2 tsp onion powder
- 1/2 tsp salt
- 1 tsp black pepper

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Southwest

- 1 tbsp parsley
- 1 tbsp minced dried onion
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp crushed red pepper
- 1 tsp dried cilantro
- 1/2 tsp cayenne pepper



Lemon Pepper

- 2 tbsp lemon zest
- 2 tsp black pepper
- 1 tsp sea salt
- 1/2 tsp dried minced garlic
- 1/2 tsp onion powder

Note: Prior to combining ingredients, bake lemon zest at 150 degrees F (65 degrees C) for 2-3 hours, or until dry.



Steak Rub

- 2 tbsp salt
- 1 1/2 tbsp black pepper
- 1 1/2 tbsp dried minced garlic
- 1/2 tsp paprika (preferably smoked)
- 1 1/2 tbsp dried minced onion
- 1 tbsp ground coriander
- 1 tbsp crushed red pepper flakes
- 1/2 tsp dried mustard
- 1 tbsp dried parsley



Cajun

- 1 1/2 tbsp paprika
- 1 tbsp salt
- 1 tbsp garlic powder
- 1 tbsp black pepper
- 1 tbsp onion powder
- 1/2 tsp dried oregano
- 1/2 tsp cayenne
- 1 tsp dried thyme



Mediterranean

- 2 tbsp dried oregano
- 2 tbsp dried basil
- 1 tbsp dried minced onion
- 1 tbsp dried parsley
- 1 tsp sea salt
- 1 tsp black pepper



Tandoori

- 2 tsp ground ginger
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp paprika
- 2 tsp turmeric
- 2 tsp salt
- 2 tsp cayenne pepper



Masala

- 2 tbsp ground cumin
- 1 1/2 tbsp ground coriander
- 2 tsp black pepper
- 1 tbsp salt



Poultry

- 2 tbsp dried thyme
- 4 tsp ground sage
- 1 tsp dried oregano
- 2 tsp dried rosemary
- 1 tsp dried parsley
- 1 tsp black pepper
- 1/4 tsp ground nutmeg