

SPICE MIXES MADE WITHOUT SALT

Directions: Combine all ingredients for each mix. Store in air-tight container or small jar.

Apple Pie Spice Mix

¼ C cinnamon
2 tsp. nutmeg
1 tsp. allspice
1 tsp. ground ginger

Baking Powder (Homemade)

½ tsp. cream of tartar
¼ tsp. baking soda
¼ tsp. cornstarch
(Recipe can be doubled or tripled)

Chili Powder

3 TBS paprika
1 TBS ground cumin
2 TBS oregano
1 tsp. red or cayenne pepper
½ tsp. garlic powder

Chinese Five-Spice Powder

1 tsp. ground Szechwan pepper
½ tsp. ground cinnamon
½ tsp. ground cloves
1¼ tsp. ground fennel seeds
1 tsp. ground star anise

Garam Masala

1 Tb. cumin
1 ½ tsp. coriander
1 ½ tsp. cardamom
1 ½ tsp. ground black pepper
1 tsp. cinnamon
½ tsp. ground cloves
½ tsp. Nutmeg

Garlic Pepper

8 tsp. garlic powder
4½ tsp. black pepper
1 TBS parsley flakes

Greek Seasoning

¼ C dried oregano leaves
2 TBS fennel seeds
2 TBS crushed dried lemon grass

¾ tsp. black pepper

Herb Mix

1 TBS onion powder
1 TBS garlic powder
1 TBS dried parsley flakes
1 tsp. dried basil leaves
1 tsp. dried thyme leaves
1 tsp. dried marjoram leaves
1 tsp. pepper

Herbs de Provence

1 TBS dried basil leaves
1 TBS dried marjoram leaves
1 TBS dried summer savory leaves
1 TBS dried thyme leaves
2 tsp. orange zest
1 powdered bay leaf
1 tsp. fennel seeds

Indian Spice Blend

8 tsp. cumin
4 tsp. ground ginger
2 tsp. ground coriander
2 tsp. cayenne
4 tsp. turmeric
2 tsp. black pepper

Italian Herb Seasoning

1 tsp. oregano
1 tsp. marjoram
1 tsp. thyme
1 tsp. basil
1 tsp. rosemary
1 tsp. sage

“Mrs. Dash” Seasoning Blend

½ tsp. cayenne pepper
1 TBS garlic powder
1 tsp. basil
1 tsp. marjoram
1 tsp. thyme
1 tsp. parsley
1 tsp. savory
1 tsp. mace
1 tsp. onion powder
1 tsp. sage
1 tsp. black pepper

Old Bay Seasoning Mix

1 TBS ground bay leaves
2½ tsp. celery salt

1½ tsp. dry mustard
1½ tsp. ground black pepper
¾ tsp. ground nutmeg
½ tsp. ground cloves
½ tsp. ground ginger
½ tsp. paprika
½ tsp. red pepper
¼ tsp. ground mace
¼ tsp. ground cardamom

Oriental Spice for Stir Fry (keep refrigerated)

1 tsp. freshly grated lemon peel
¼ tsp. fennel seed, crushed
¼ tsp. ground cloves
¼ tsp. anise seed, crushed
¼ tsp. ground cinnamon
¼ tsp. ground ginger

Poultry Seasoning

2 TBS marjoram
2 TBS savory
2 tsp. parsley
1 TBS sage
1½ tsp. thyme

Pumpkin Pie Spice Mix

2 tsp. ground cinnamon
1 tsp. ground ginger
½ tsp. ground cloves
½ tsp. ground nutmeg

Seafood Herbs

5 tsp. dried basil
5 tsp. crushed fennel seeds
4 tsp. dried parsley
1 tsp. dried lemon peel

Vegetable Blend

1 TBS marjoram
1 TBS basil
1 TBS chervil
1 TBS tarragon
1 TBS celery seed

(Goes well with vegetables and on salads)

Vegetable Seasoning Blend

¼ C onion powder
¼ C dried parsley flakes
2 TBS salt-free lemon pepper
2 TBS garlic powder
2 TBS celery seeds
2 tsp. sage
2 tsp. marjoram

2 tsp. thyme

2 tsp. basil

2 tsp. oregano

2 tsp. pepper

2 tsp. dill weed

1 tsp. summer savory

salt, to taste (optional)

(For use with vegetables; or make broth by mixing 1 rounded teaspoon with each cup of warm water)