

All-Purpose Salt-Free Seasoning

Serves 10

Ingredients:

- 1 Tablespoon garlic powder
- 1 ½ teaspoons dried basil
- 1 ½ teaspoons dried parsley
- 1 ¼ teaspoons ground thyme
- 1 teaspoon ground cayenne pepper
- 1 teaspoon onion powder
- 1 teaspoon ground black pepper
- 1 teaspoon dried sage
- ¼ teaspoon cayenne pepper



Directions:

1. Mix all ingredients together in a medium size bowl.
2. Store in a sealed jar.

Nutrition Information per serving (1/10 recipe):

Calories: 7, Total Fat: 0g, Saturated Fat: 0g, Unsaturated Fat: 0g, Cholesterol: 0mg, Sodium: 1.1mg , Carbohydrate 1.4g, Fiber: 0g, Sugar: 0g, Added sugar: 0g, Protein: 0.3g

SOURCE: <https://www.allrecipes.com/recipe/232761/all-purpose-no-salt-seasoning-mix/>



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