Herb & Spice Blends

Unsweetened cocoa powder

INTERNATIONAL

Combine the following mixtures of herbs and spices to create an ethnic or special flavor blend. Store the different seasoning blends in separate airtight containers and sprinkle on foods as desired.

3 tablespoons

Chocolate

Cajun

Curry

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	1 tablespoon	Cinnamon	
		Non-nutritive sweetener to taste	
	Add 1 teaspoon to mi craving.	lk or yogurt to satisfy a chocolate	
İtalian	2 tablespoons	Oregano	
	1 tablespoon	Basil	
	1½ teaspoons	Red pepper	
	1 tablespoon	Rosemary	
	½ tablespoon	Garlic powder	
	½ tablespoon	Fennel seed	
	Add ¼ to 1 teaspoon or vegetable marinade	to tomato sauce, salad dressing,	
Southwestern	1 tablespoon	Chili powder	
	1 tablespoon	Cumin	

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	1 tablespoon	Cumin
	⅓ tablespoon	Garlic
	1/2 tablespoon	Oregano
	1 tablespoon	Paprika
	⅓ tablespoon	Turmeric
	Add ¼ to ½ teaspo	on to salad dressings, soup, or s
	for a Southwestern f	lavor.
Fruit	21/2 tablespoons	Vanilla powder
	21/2 tablespoons	Nutmeg
	21/2 tablespoons	Cinnamon
	1 tablespoon	Allspice
	1 tablespoon	Cloves

non-nutritive sweetener to taste.

1 tablespoon

⅓ tablespoon

⅓ tablespoon

or vegetable marinade.

½ to 1 tablespoon

	or vegetable marinad	e.	
Southwestern	1 tablespoon	Chili powder	
	1 tablespoon	Cumin	
	1/2 tablespoon	Garlic	
	1/2 tablespoon	Oregano	
	1 tablespoon	Paprika	
	⅓ tablespoon	Turmeric	
	Add 1/4 to 1/2 teaspoo	on to salad dressings, soup, or stew	
	for a Southwestern flavor.		
Fruit	2½ tablespoons	Vanilla powder	

Sprinkle onto mixed fruit or into plain yogurt. Add

Chili powder

Cayenne pepper

Onion powder

Add 1/4 to 1/2 teaspoon to tomato soup, salad dressings,

Paprika

Thyme

Ginger

Turmeric

Red pepper

Fenugreek

Cumin When steaming or boiling vegetables or potatoes,

sprinkle 1/4 to 1 teaspoon into the water.