



## Salt-Free Creole Seasoning (Mild, Large Font)

Make your own salt-free seasoning to save money and your health! Great all-purpose seasoning for use on roasted vegetables, chicken, fish or other proteins.

<u>U.S.</u>		<u>Metric</u>
2 Tbsp	Onion Powder	13.8 g
4 Tbsp	Garlic Powder	38.8 g
4 Tbsp	Oregano, dried	12 g
2 Tbsp	Basil, dried	4.2 g
1 Tbsp	Thyme, dried	2.7 g
2 Tbsp	Black Pepper, ground	13.8 g
1 tsp	Cayenne, ground	1.8 g
4 Tbsp	Paprika, Smoked	27.2 g

### Preparation:

1. Gather all ingredients and equipment.
2. Mix all the seasonings in a bowl.
3. Place in a sealed container and store, unrefrigerated, for up to 3 months.
4. Makes 1 1/4 cups. Use as needed.

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### Nutrition Facts

<b>Serving size</b>	<b>0</b>
<b>Servings</b>	<b>0</b>
<b>Calories</b>	0
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	0 g
Dietary Fiber	0 g
Sugars	0 g
Protein	0 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	0 mg

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