



Salt-Free Creole Seasoning

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
2 Tbsp	Oregano, dried	6 g
2 Tbsp	Thyme, dried	5 g
2 Tbsp	Black Pepper, ground	13.8 g
1 Tbsp	Cayenne, ground	5.3 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.

Nutrition Facts

20 Servings

Serving size **1 Tbsp**

Amount per serving

Calories **0**

Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Total Sugars	0 g
Includes 0 g Added Sugars	
Protein	0 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	0 mg
Phosphorus	0 mg

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