

## 1) Taco Spice Blend

3 tbsp. of this mix is similar to 1 packet of store bought taco seasoning.

- ¼ cup chili powder
- ¼ cup cumin
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tsp. oregano
- 2 tsp. paprika
- 1 tsp. black pepper

## 2) Curry Powder

Use a few tbsp. of this mix in any curry recipe – especially good for a classic chicken curry.

- ½ cup paprika
- ¼ cup cumin
- 1 tbsp. fennel powder
- 2 tbsp. fenugreek
- 2 tbsp. mustard powder
- 1 tbsp. chilli powder/ red pepper flakes
- 3 tbsp. ground coriander
- ¼ cup turmeric
- 1 tsp. cinnamon
- ½ tsp. cloves

## 3) Fajita Spice Blend

Use about 1tsp. of this mix per portion of protein when making the fajitas (e.g. tsp. per chicken breast or steak).

- ¼ cup chili powder
- 2 tbsp. paprika
- 1 tbsp. onion powder
- 1 tbsp. garlic powder
- 1 tsp. cayenne pepper
- 1 tbsp. cumin

## 4) Italian Seasoning

This can be used with many Italian recipes, such as chicken parmesan and lasagna.

- ½ cup basil
- ½ cup marjoram
- ½ cup oregano
- ¼ cup rosemary
- ¼ cup thyme
- 2 tbsp. garlic powder (optional if fresh garlic is used in the recipe)

## 5) Cajun Seasoning

Great with chicken or salmon, but can even be sprinkled over freshly popped popcorn.

- ½ cup paprika
- ¼ cup garlic powder
- 2 tbsp. black pepper
- 2 tbsp. onion powder
- 1 tbsp. cayenne pepper
- 2 tbsp. oregano
- 1 tbsp. thyme

## 6) Ranch Dressing Spice Blend

Mix 1 tbsp. of this blend with  $\frac{1}{3}$  cup mayonnaise or Greek yogurt for a homemade ranch dressing

- $\frac{1}{4}$  cup dried parsley
- 1 tbsp. dill
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- $\frac{1}{2}$  tsp. basil
- $\frac{1}{2}$  tsp. black pepper

## 7) Chili Spice Blend

$\frac{1}{4}$  cup of this mix is approx. the same as 1 pack of store bought chili seasoning

- $\frac{1}{2}$  cup chili powder
- $\frac{1}{4}$  cup garlic powder
- 3 tbsp. onion powder
- $\frac{1}{4}$  cup oregano
- 2 tbsp. paprika
- $\frac{1}{4}$  cup cumin
- 1 tbsp. thyme

## 8) Jamaican Jerk Spice Blend

This can be used as a rub on meat when combined with honey

- $\frac{1}{4}$  cup onion powder
- 2 tbsp. thyme
- 2 tsp. allspice
- 1 tbsp. cinnamon
- 1 tsp. cayenne pepper

## 9) Asian 5-spice

Great for many Asian themed dishes such as stir-fry

- 2 tbsp. anise powder
- 1 tbsp. black pepper
- 1 tbsp. ground fennel
- 1 tbsp. cinnamon
- 1 tbsp. ground cloves

## 10) Pumpkin Pie Spice Blend

Also great for a variety of pumpkin recipes such as pumpkin cheesecake or pumpkin spiced lattes

- $\frac{1}{4}$  cup cinnamon
- 1 tsp. ground ginger
- 2 tsp. nutmeg
- 2 tsp. allspice
- $\frac{1}{2}$  tsp. cloves powder