



NO SALT SPICE BLENDS

for a Kidney Friendly Diet

Make these spice blends ahead and store in a sealed jar so you have them on hand, ready to use anytime. Feel free to experiment with your own take on these blends. Turn the heat up or down by adding a bit more or a little bit less of the hot spices.

Multipurpose



1 tbsp garlic powder
1 1/2 tsp dried basil
1 1/2 tsp dried parsley
1 1/4 tsp dried savory
1 1/4 tsp dried thyme
1 tsp dried mace
1 tsp onion powder
1 tsp ground black pepper
1 tsp dried or ground sage
1/4 tsp cayenne pepper

Fish·Pork·Poultry



5 tsp onion powder
1 tbsp garlic powder
1 tbsp paprika
1 tbsp ground mustard
1 tsp dried thyme
1/2 tsp pepper
1/2 tsp celery seed

Italian



1 tbsp dried oregano
1 tbsp dried parsley
1 tbsp dried rosemary
1 tbsp dried thyme
1 tbsp dried basil
1 tbsp black pepper
1 tbsp garlic powder

Smoky Blend



1 tbsp smoked paprika
1 tbsp paprika
1 tbsp garlic powder
1 tbsp black pepper
1 tbsp ground cumin
1 tbsp turmeric
1 tbsp onion powder

Hot & Spicy



1 tbsp chili powder
2 tsp garlic powder
2 tsp onion powder
1 1/2 tsp ground cumin
1 tsp dried Mexican oregano
1 tsp smoked paprika
1/2 tsp cayenne pepper
1/2 tsp black pepper

Cajun



2 tbsp paprika
1 tbsp garlic powder
1 tbsp onion powder
2 tsp white pepper
1 1/2 tsp black pepper
1 tsp cayenne pepper
2 tsp dried thyme
1 tsp dried oregano

