



3 No-Salt Signature Blends

Blending & Storage

- Whisk ingredients in a bowl or pulse 3 × in a spice grinder for a finer texture.
- Funnel into a clean, dry, 4-oz glass jar.
- Label and date; store with your other spices following my storage hacks.

Shelf life: ~6 months for peak flavor if kept cool, dark, and dry.

1

Caribbean Kick

2 Tbsp smoked paprika
1 Tbsp dried thyme
1 Tbsp dried oregano
1 Tbsp allspice
1 Tbsp garlic granules
1 tsp ground
Scotch-bonnet (or
cayenne)
1 tsp ground ginger

*Use: jerk rubs, bean
stews, grilled shrimp.*

2

Citrus Herb

1 Tbsp dried lemon zest
1 Tbsp dried orange
zest
2 Tbsp dried basil
1 Tbsp dried parsley
1 Tbsp dried chives
1 Tbsp dried chives
2 tsp coriander
1 tsp black pepper

*Use: fish, chicken,
vinaigrettes, roasted
veg.*

3

Everyday Umami

3 Tbsp mushroom
powder
2 Tbsp onion powder
2 Tbsp garlic powder
1 Tbsp tomato powder
1 Tbsp dried thyme
1 tsp white pepper
1 tsp smoked paprika

*Use: popcorn, ramen,
roasted mushrooms,
mixed nuts.*

(Makes ~½ cup each)