

**Seasoning Blends**  
**Mix Your Own for Ready Use Seasoning**

All Purpose Seasoning	Paprika, Onion Salt, garlic Powder, Cayenne Pepper, White Pepper, Black Pepper, Thyme, Oregano, Cumin, Chili Powder
Fish	Basil, Bay Leaf (Crumbled), Tarragon, Lemon Thyme, Parsley
Poultry	1) Salt, Black Pepper, Paprika, Garlic Powder, Cayenne Pepper, Onion Powder, Thyme, Basil, Rosemary, Parsley  2) Marjoram, Parsley, Sage, Thyme, Rosemary, Onion Powder
Salad	Basil, Lovage, Parsley, Tarragon
Tomato	Basil, Bay Leaves (Crumbled), Marjoram, Oregano, Parsley
Italian Seasoning	Basil, Marjoram, Oregano, Rosemary, Sage, Thyme
BBQ	Cumin, Garlic Powder, Chilli, Oregano
Curry Powder Mix	Turmeric, Bay Leaves - Ground, Coriander, Cumin Seeds, Ginger, White Pepper, Chili Flakes, Clove,
Fajita Seasoning	Chili Powder, Smoked Paprika, Cumin, Garlic Powder, Coriander, Oregano
Provence Seasoning	Thyme, Savory, Oregano, Rosemary, Marjoram, Parsley,
Taco Mix Seasoning	Onion Powder, Chili Powder, Smoke Paprika, Crushed Chili Flakes, Oregano, Marjoram, Salt, Cornflour, Cumin,
Greek Seasoning	Oregano, Onion Powder, Garlic Powder, Basil, Dill, Black Pepper, Salt
Chili Powder Mix	Garlic powder, Cumin, Cayenne Pepper, Oregano, Paprika
Roasted Vegetable Seasoning	Cinnamon, Ginger, Nutmeg, Allspice, Salt, Black Pepper
BBQ – Dry Rub	Paprika, Sugar, Black Pepper, Salt, Mustard Powder, White Pepper, Cayenne Pepper,
Seasoned Salt	Maldon Salt, Thyme, Marjoram, Garlic Powder, Paprika, Mustard Powder, Onion Powder, Dill, Celery Salt
Spanish Seasoning Sazon	Garlic Powder, Onion Powder, Cumin, Turmeric, Black Pepper, Salt, Paprika
Montreal Steak Seasoning	Black Pepper, Mustard Powder, Dill, Coriander, Salt, Garlic Powder, Red chilli Flakes
Moroccan Spice Blend Ras-El-Hanout	Cumin, Ginger, Salt, Black Pepper, Cinnamon, Coriander, Cayenne, Allspice, Cloves

**Join The Foodie Book Club**

Lee & The Sweet Life

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Tandoori Spice Blend	Ginger, Cumin, Coriander, Paprika, Turmeric, Salt, Cayenne,
Ethiopian Spice Blend Berbere	Fenugreek, Chilli's, paprika, Salt, Ginger, Onion Powder, Cardamom, Coriander, Nutmeg, Garlic Powder, Cloves, Cinnamon, Allspice,
Shrimp Creole Seasoning	Paprika, Oregano, Black Pepper, Basil, Cayenne, Onion Powder, Garlic Powder
Argentinian Chimichurri Rub	Oregano, Basil, Parsley, Thyme, Salt, Black Pepper, Smoked Paprika, Savory, Garlic Powder, Crushed Red Pepper.
Middle Eastern Spice Blend Za'atar	Toasted Sesame Seeds. Thyme, Sumac, Salt
Garam Masala	Cinnamon, Crushed Bay Leaves, Cumin, Coriander Seeds, Cardamom, Cloves, Red Chile, Nutmeg, Mace
Jerk Spice Rub	Cinnamon, Allspice, Black Pepper, Cloves, Light Brown Sugar, Thyme, Cayenne, Olive Oil, Salt
Yemen Spice Blend Hawayil	Caraway seeds crushed, Cumin, Cardamom, Black `Pepper, Cloves, Turmeric, Salt
Cajun Spice Mix	Salt, Cayenne, Garlic Powder, Paprika, Oregano, Thyme, Black Pepper, Onion Powder.