

Healthy for Life[®]

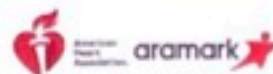
Creole or Cajun Seasoning Blend

Ingredients

- 1 teaspoon sodium-free chili powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme, crumbled
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon pepper

Procedure

1. In a small bowl, stir together all the ingredients
2. Transfer to a jar with a tight-fitting lid. Store in a cool, dark, dry place for up to six months.
3. Enjoy!



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