Be Well
An EHHD Wellness Program

EHHD
Eastern Highlands Health District

Blend up these tasty spices to make your own flavoring for veggies, meat and fish. Make a large batch of them and keep in a mason jar at room temperature for future uses. Feel free to alter amount of "strong" spices to your liking- i.e. cayenne pepper, garlic, and chili powder.

BBQ Blend

- 2 Tablespoons paprika
- 1 teaspoon ground cumin
- 1 Tablespoon chili powder
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper (according to desired spiciness)
- 1/2 teaspoon black pepper
- 1 teaspoon cinnamon
- 1/2 teaspoon dried thyme
- 1 teaspoon sea salt

Mexican Blend

- 2 tablespoons chipotle powder
- 1 tablespoon smoked paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- ½ tablespoon sea salt
- 1 teaspoon black pepper

Chili Spice Blend

- 2 tablespoons minced dried onion
- 1 1/2 teaspoons chili powder

- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 tablespoon cocoa powder

Greek Seasoning

- 1 teaspoon sea salt
- 2 teaspoons dried oregano
- 1-1/2 teaspoons onion powder
- 1-1/2 teaspoons garlic powder
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Poultry Blend

- 1 teaspoon ground sage
- 1 teaspoon dried thyme
- 1 Tablespoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Italian

- 1 teaspoon italian seasoning mix
- 1 tablespoon onion powder
- 1 tablespoon garlic powder

- ½ teaspoon sea salt
- ½ teaspoon black pepper

Indian Blend

- 2 tablespoons onion powder
- 2 tablespoons garam masala
- 2 teaspoons coriander
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- ½ teaspoon cinnamon
- ½ teaspoon red pepper flakes

Chinese Stir Fry Blend

- 1 tablespoon garlic powder
- 1 tablespoon ginger
- 1 teaspoon black pepper
- 2 teaspoons ground fennel seeds
- 1 teaspoon crushed red pepper (season to desired spiciness)