Fishmama Spice Mix

- 1 tablespoon fine sea salt
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1 teaspoon black pepper

Combine all of the ingredients in a small jar. Store in the cupboard.

FishMama Spice Mix is great to sprinkle in dressings, onto meats for grilling, onto veggies, and in sautes.

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FishMama Spice Mix is great to sprinkle in dressings, onto meats for grilling, onto veggies, and in sautes.

Greek Spice Blend

- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon dried parsley flakes
- 2 teaspoons dried oregano
- 2 teaspoons fine sea salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme

- 1 teaspoon grated lemon zest
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Combine ingredients in a small bowl. Transfer to an airtight container and store in the cupboard (if using dried lemon zest) or in the freezer (if using fresh).

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Jamie's Spice Mix

- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 1 1/2 tablespoons paprika
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon fine sea salt
- 2 teaspoons ground black pepper

- 1 teaspoon celery seeds
- 1/2 teaspoon grated lemon zest
- 1/2 teaspoon cayenne pepper

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Herbes de **Provence**

- 1 tablespoon dried summer savory
- 1 tablespoon dried rosemary
- 1 1/2 teaspoons dried thyme
- 1 teaspoon dried marjoram
- 1 teaspoon dried oregano

Combine all of the ingredients in a small jar. Store in the cupboard.

Herbes de Provence is a great multipurpose mix. Sprinkle in dressings, onto meats or veggies, on pasta, and in sautes.

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