

Spicy! Homemade Spice Recipes Without Salt

Spice mixes are a great addition to many recipes, but not all spice mixes are healthy choices. Instead of buying seasoning packets, which usually have a lot of salt and other additives in them, try creating your own. Making your own spice mixtures without salt will be healthier for you and your family, and it gives you the chance to invent something that suits your family's tastes. Once you have found a mix you like, make small batches, and keep them fresh in a dry airtight container in the refrigerator. Since spices lose flavor over time, try to use them within a month.

Cajun Seasoning

- 1 teaspoon white pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground red pepper
- 1 teaspoon paprika
- 1 teaspoon black pepper

Homemade Pumpkin Pie Seasoning

- 2 teaspoon ground nutmeg
- 2 teaspoon ground cloves
- 4 teaspoon ground ginger
- 8 teaspoon ground cinnamon

Italian Seasoning

- 3 tablespoons dried basil
- 3 tablespoons dried oregano
- 3 tablespoons dried parsley
- 1 tablespoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes

Salt-free Seasoning

- 5 teaspoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon dry mustard
- 1 teaspoon thyme
- 1/2 teaspoon black pepper
- 1/2 teaspoon celery seed

Taco Seasoning

- 1 tablespoon chili powder
- 2 teaspoon onion powder
- 1 teaspoon each ground cumin, garlic powder, paprika, ground oregano and sugar

Ethiopian Spice

- 1 teaspoon ground ginger
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground fenugreek
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika