

## 7 Homemade Salt-Free Seasoning Blends

\*\*Adapted from: <https://theoregondietitian.com/7-homemade-salt-free-seasoning-recipes/>  
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### Equipment

- ✓ 1 food processor
- ✓ Spice Jars

### Fajita Seasoning

**Yield: 2/5 cup OR ~ 7 tbsps**

- ✓ 2 tbsps of chili powder
- ✓ 1 tbsp cornstarch
- ✓ 2 tsp smoked paprika
- ✓ 2 tsp garlic powder
- ✓ 2 tsp cumin
- ✓ 2 tsp onion powder
- ✓ 1 tsp dry oregano
- ✓ 1 tsp black pepper
- ✓ 1 tsp cayenne pepper

### Italian Seasoning

**Yield: 1/2 cup OR ~ 8 tbsps**

- ✓ 3 tbsps dry oregano
- ✓ 2 tbsps dry thyme
- ✓ 1 tbsp marjoram
- ✓ 1 tbsp dry basil
- ✓ 1 tbsp dry sage
- ✓ 1 tsp garlic powder

### Cajun Seasoning

**Yield: ~ 1/2 cup OR ~ 7 tbsps**

- ✓ 1 tbsp chili powder
- ✓ 1 tbsp black pepper
- ✓ 1 tbsp garlic powder
- ✓ 1 tbsp onion powder
- ✓ 1 tbsp smoked paprika
- ✓ 1 tbsp dry thyme
- ✓ 1.5 tsp dry oregano
- ✓ 1 tsp cayenne pepper

### Ranch Seasoning

**Yield: ~ 1/3 cup OR ~ 6 tbsps**

- ✓ 2 tbsps dry parsley flakes
- ✓ 2 tbsps garlic powder
- ✓ 2 tsp dry dill weed
- ✓ 2 tsp onion powder
- ✓ 2 tsp dry chives
- ✓ 1 tsp onion flakes
- ✓ 1 tsp dry oregano
- ✓ 1 tsp black pepper

### Curry Seasoning

**Yield: ~ 1/2 cup OR ~ 9 tbsps**

- ✓ 3 tbsps coriander
- ✓ 2 tbsps cumin
- ✓ 2 tbsps turmeric
- ✓ 1 tsp dry ground ginger
- ✓ 1 tsp dry mustard powder
- ✓ 1 tsp black pepper
- ✓ 1 tsp cinnamon
- ✓ 1 tsp cayenne pepper
- ✓ 1/2 tsp red chili flakes

### Taco Seasoning

**Yield: ~ 3/4 cup OR ~ 13 tbsps**

- ✓ 5 tbsps chili powder
- ✓ 3 tbsps cumin
- ✓ 2 tsp smoked paprika
- ✓ 2 tsp garlic powder
- ✓ 2 tsp black pepper
- ✓ 1 tsp onion powder
- ✓ 1 tsp cayenne pepper

### Pumpkin Pie Spice

**Yield: ~ 1/3 cup OR ~ 6 tbsps**

- ✓ 1/4 cup cinnamon
- ✓ 1 tbsp dry ground ginger
- ✓ 1 tsp cloves
- ✓ 1 tsp nutmeg