

## Cajun Spice Blend

This savory blend is an easy way to spice up any type of meal, from seafood to poultry to a veggie medley. Chili powder, cayenne, and garlic give the mix a zesty kick, and they come along with a great boost for the circulatory system. Oregano and thyme provide a nice contrast with smoother herbaceous flavors.

1. Mix all ingredients in a small jar and store in an airtight container for up to 1 year.

Makes: 1 cup

Prep Time: 5 minutes

Cook Time: 5 minutes

3 tablespoons garlic powder

2 tablespoons chili powder

2 tablespoons paprika

2 tablespoons onion powder

2 tablespoons dried oregano

1 tablespoon dried thyme

1 1/2 teaspoons cayenne powder

1 1/2 teaspoons smoked paprika

1 1/2 teaspoons coriander powder

1 1/2 teaspoons sea salt

1 tablespoon white pepper