Program Spice Blends with Rebecca

**Herb Blends**

Blend #1

Parsley 1 Tablespoon

Tarragon 2 Tablespoons

Blend #2

Dill 1 Tablespoon

Mint 2 Tablespoons (Any mint is fine)

Blend #3

Cilantro 2 Tablespoons

Oregano 1 Tablespoon

(Optional – Coriander 1 Tablespoon, gives extra flavor)

Blend #4

Oregano 2 Tablespoons

Basil 2 Tablespoons

This is a Mediterranean style blend

Blend #5

Coriander 2 Tablespoons

Cumin 1 Tablespoon

This is a chili flavor blend

Blend #6

Turmeric 1 Tablespoon

Coriander 3 Tablespoons

**Woodsy Blends – These hold up well to meat, more hardy**

Blend #7

Rosemary 1 Teaspoon – (will need to be ground)

Thyme 2 Tablespoons - (will need to be ground – Use less for a heartier winter blend

Sage 1 Teaspoon (will be ground already)

Add all to a mortar and pestle or coffee grinder and blend

Blend #8

Cumin (whole) 2 Teaspoons

Coriander (whole) 1 Teaspoon

Black or yellow Mustard Seeds 2 Teaspoons

(Optional – Caraway Seeds 1 Teaspoon)

These are toasting spices