

# JENNI MARIE'S TEST KITCHEN

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## Low FODMAP Chicken Seasoning

### Equipment Needed:

- Small Mixing Bowl
- Measuring Spoons
- Food Storage Container w/ Lid

**Directions:** Combine all ingredients in a small mixing bowl. Stir until well combined. Store in airtight food container for up to 12 months.

- **2 t. Knorr Caldo de Pallo (*chicken bouillon powder*)**
- **2 t. Low FODMAP Garlic Replacer (*or 1 t. garlic powder*)**
- **2 t. Paprika**
- **1/8 t. Smoked Paprika (*optional*)**
- **1 t. Granulated Sugar**
- **1/4 t. Watkins Lemon Pepper**
- **1 t. Kosher Salt**
- **1/8 t. White Pepper (*or 1/4 t. black pepper*)**
- **1 t. Dried Parsley**
- **1/4 t. Dried Basil**
- **1/4 t. Dried Thyme**
- **1/4 t. Dried Rosemary**