JENNI MARIE'S TEST KITCHEN

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# Cajun Seasoning

**Equipment Needed:**

- **Small Mixing Bowl**
- **Kitchen Scale**
- **Measuring Cups & Spoons**
- **Whisk**

**Directions:**

**1).** Gather all equipment & ingredients. Combine ingredients in a small mixing bowl and stir well to combine. Store in an airtight container, or use a spice shaker if you have one available. I wash and save these as my spices run out. You can also purchase them by the bulk spices at your local grocery store.

- ***1/4 C. Paprika***
- ***1 T. Low FODMAP garlic replacer (or 1 t. garlic powder)***
- ***2 t. Dried Oregano***
- ***2 t. Dried Basil***
- ***1 t. Dried Rosemary***
- ***1 t. Dried Thyme***
- ***1 t. Turmeric***
- ***2 T. Kosher Salt (more or less to taste)***
- ***1 t. Black Pepper***
- ***1 t. Cayenne Pepper (more or less to taste)***
- ***1/4 t. Low FODMAP Onion Replacer (or 1/2 t. onion powder)***
- ***2 t. Dried Chives***