

Salt-Free Blends of Herbs & Spices

Salt-Free Flavor Combinations for Marinades, Sauces, and Seasoning

For Beef:

- ❖ lemon juice, rosemary, and black pepper
- ❖ thyme, ground cloves, grated orange peel, and ground black pepper
- ❖ garlic, herbed vinegar, and black pepper
- ❖ mashed green peppercorns, minced onions, and marjoram

For Poultry:

- ❖ ginger, grated orange peel, and sage
- ❖ marjoram, thyme, and apple cider vinegar
- ❖ tarragon, minced shallots, and lemon juice
- ❖ basil, white wine vinegar, and garlic

For Fish:

- ❖ dill, lemon juice, and mustard seed
- ❖ fennel seed, mustard, bay, and grated lemon peel

For Green Vegetables:

- ❖ savory, chives, and minced onions
- ❖ dill, bay, and rice vinegar
- ❖ basil, nutmeg, and marjoram

For Yellow and Orange Vegetables:

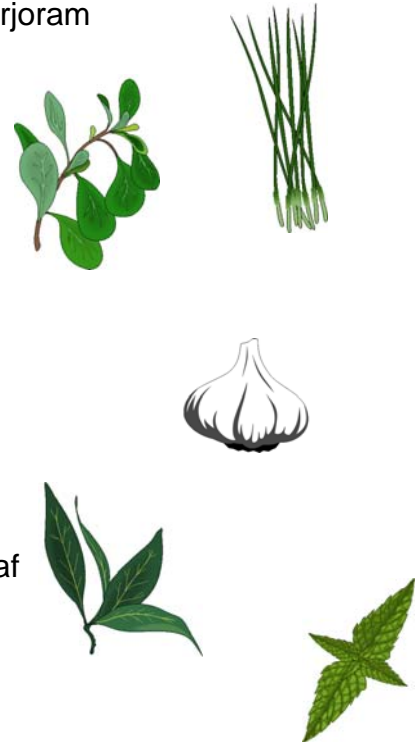
- ❖ cinnamon, nutmeg, orange juice, and thyme
- ❖ ginger, cinnamon, apple cider vinegar, and celery leaf

For Cheese and Eggs:

- ❖ dill, chives, parsley, and paprika
- ❖ nutmeg, dry mustard, and black pepper
- ❖ oregano, garlic and thyme

For Beans, Rice, and Other Grains:

- ❖ chillies, cumin seed, oregano, and garlic
- ❖ saffron, garlic and parsley
- ❖ mint, parsley, grated lemon peel, and caraway seed



Sweetness Enhancers

Experiment with Natural Sweeteners:

- ❖ vanilla (just a drop) in savory sauces
- ❖ rosemary in fruit salads, fruit compotes, and fruit tarts
- ❖ vanilla, cinnamon and nutmeg enhance flavor when sugar is reduced in recipes.

