



“Eat Your Veggies” Sprinkle

Let’s face it, sometimes eating veggies can taste a bit bland and unexciting. But, using this delicious “Eat Your Veggies” spice blend on your veggies can really amp up the flavor of the fuel (veggies) that you are feeding your body. This sprinkle gives an especially nice boost to the flavor of steamed greens such as broccoli, chard, spinach, asparagus, cauliflower, kale and Bussels sprouts. But I enjoy it on just about any veggie and I also often sprinkle it on my salads with a little lemon juice in lieu of sugary and fattening dressings. It’s also good in soup!

Let *your* taste buds be your guide!

Ingredients

1/2 tsp dried celery salt
1/4 tsp dried ground celery
3 tsp dried parsley flakes
1-1/2 tsp dried garlic powder or granulated garlic
1 tsp dried onion powder
1/2 tsp dried thyme
1/2 tsp dried oregano
1/2 tsp black pepper
1/4 tsp dried dill weed
1/2 tsp dried ground turmeric
1/4 tsp dried ground sage

Instructions

Combine all of these beautiful dried spices together in a bowl and store in a small shaker jar or other small covered container (preferably glass).

Sprinkle over your veggies to taste. I suggest starting with a small amount as the celery salt can make it a little salty. Then add more as needed. Of course the amount you use depends on the amount of veggies you are eating and your personal taste.

This “sprinkle” will keep in your pantry 6-9 months when sealed well.

Bon Appetit