

Season's Greetings!

These healthy seasoning blends make simple DIY holiday gifts for friends, neighbors, and co-workers.

Tips:

- These recipes make about 1 cup. Adjust quantities based on the size and number of jars you are using.
- Prevent waste and get the exact amount you need by purchasing the herbs and spices from the bulk bins.
- Repurpose containers you have around your house or find unique glass jars at thrift stores.
- Get the kids involved with measuring, mixing, filling jars, or creating one-of-a-kind labels.



Photo credit: [Jamie Lothridge](#)

RANCH MIX

Adapted from [The Pioneer Woman](#)

Use this seasoning to make anything “ranch style” including popcorn, roasted potato wedges, and veggie dip.

- $\frac{3}{4}$ cup dry buttermilk powder
- 1 $\frac{1}{2}$ tablespoons dried parsley
- 1 $\frac{1}{2}$ tablespoons garlic powder
- 1 $\frac{1}{2}$ tablespoons onion powder
- 1 tablespoon dried dill weed
- $\frac{1}{2}$ tablespoon dried chives
- $\frac{1}{2}$ tablespoon sea salt
- $\frac{1}{4}$ tablespoon ground black pepper

CHAI SPICE

Adapted from [My Baking Addiction](#)

Chai is good for spiced nuts, oatmeal, eggnog, and lattes. Try it sprinkled on buttered toast for a spicy spin on cinnamon toast.

- $\frac{1}{2}$ cup ground cinnamon
- $\frac{1}{4}$ cup ground ginger
- 2 tablespoons ground cardamom
- 2 tablespoons ground all spice
- $\frac{1}{4}$ teaspoon ground black pepper

EVERYTHING BAGEL BLEND

Adapted from [Cooking Channel TV](#)

As the name implies, this blend is good on just about *everything*. Salads, potatoes, chicken, eggs, avocado...you name it!

- $\frac{1}{3}$ cup sesame seeds
- $\frac{1}{3}$ cup poppy seeds
- 3 tablespoons dried minced garlic
- 2 tablespoons dried minced onion
- 1 tablespoon coarse sea salt

TACO SEASONING

Adapted from [The Real Food RDs](#)

Most store-bought taco seasoning has preservatives and added sugars. This version is just herbs, spices, and salt.

- $\frac{1}{2}$ cup chili powder
- 2 $\frac{1}{2}$ tablespoons ground cumin
- 2 tablespoons garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon sea salt
- 2 teaspoons onion powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper (*optional*)

