

# SPICE BLENDS

**Time: 5 minutes each**

### **Taco Seasoning**

40g chilli powder  
10g ground cumin  
10g paprika  
6g black pepper  
6g onion powder  
6g garlic powder  
4g ground oregano  
2g cayenne or habanero pepper (optional)

### **Jerk Spice**

20g onion powder  
20g garlic powder  
10g ginger powder  
10g ground thyme  
10g allspice  
10g paprika  
5g white pepper  
5g ground cinnamon  
4g ground nutmeg  
3g cayenne or habanero powder

### **Cajun Seasoning**

40g chilli powder  
20g paprika  
15g garlic powder  
10g cayenne pepper  
8g white pepper  
8g black pepper

### **Preparation:**

Combine ingredients in a small mason jar and shake to combine. For a finer product, blend in a coffee grinder.