

Italian Spice Blend

INGREDIENTS:

2 Tbsp. basil, dried
2 Tbsp. oregano, dried
1 Tbsp. thyme, dried
1 Tbsp. rosemary, dried
1 Tbsp. garlic powder
¼ tsp. onion powder

DIRECTIONS:

Use in yogurt as a dip with celery and carrots, or on baked chicken or popcorn.

NUTRITION: