

# ITALIAN SEASONING

Homemade Italian seasoning...the best in your spice drawer.

SERVINGS	SERVING SIZE	TIME TO MAKE
36	1 TEASPOON	5 MINUTES

## INGREDIENTS

- 2 Tablespoon Basil
- 2 Tablespoon Thyme
- 2 Tablespoon Oregano
- 2 Tablespoon Marjoram
- 2 Tablespoon Rosemary
- 2 Tablespoon Parsley
- 1 Tablespoon Red Chili Flakes (optional)
- Sprinkle of Salt (optional)

## DIRECTIONS

1. Mix all the ingredients in a bowl until they are well dispersed.
2. Store in an airtight container or mason jar in a dark place, away from light.
3. Use generously in your foods.
4. Can last up to 12 weeks
5. Enjoy!

Nutritional Information per serving: 2 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 5 mg Sodium, 0 grams Total Carbohydrates, 0 gram Fiber, 0 grams Sugar, 0 grams Protein, 1% Vitamin A, 0% Vitamin C, 1% Calcium, 3% Iron