

Seasoning Blends

General Seasoning Blend

Keep this on hand to sprinkle on vegetables, salads, eggs, or anything you like

1 Tablespoon Real Salt
1 Tablespoon dry mustard
1 Tbsp. garlic powder
2 teaspoons dried marjoram
2 tsp. dried dill weed
2 tsp. onion powder
2 tsp. dried basil
2 tsp. dried thyme
1 tsp. dried lemon peel
Dash cayenne

Vegetable Blend

Use this blend in stir-fries with a bit of lemon juice or on any vegetables.

1 ½ Tablespoons onion powder
1 ½ Tablespoons toasted sesame seeds
1 Tablespoon dried chives
1 Tbsp. dried tarragon
1 Tbsp. dry mustard
1 ½ teaspoons dried dill weed
1 Tbsp. Real Salt
Dash cayenne

Seafood Blend

Try this on poached, grilled or baked fish, either before or after cooking

1 Tablespoon dried dill weed
1 Tbsp. dried thyme
1 Tbsp. dried fennel
1 Tbsp. dried sage
1 Tbsp. dried marjoram
½ Tbsp. ground bay leaf
1 ½ teaspoons dried chives
1 ½ tsp. onion powder
1 ½ tsp. Real Salt
Dash cayenne

Italian Blend

Try this for salads, Italian sauces, or hand made Italian breads and pizza sauce

1 Tablespoon dried rosemary
1 Tbsp. dried marjoram
1 Tbsp. dried oregano
1 Tbsp. dried basil
½ teaspoon anise (if you like licorice flavor)
1 ½ tsp. dried cilantro
1 tsp. dried thyme
Dash cayenne

Mexican Blend

This is great for enchilada sauce, rice seasoning, tacos, and sour cream dip spicing

1 Tablespoon onion powder
1 Tbsp. garlic powder
2 Tbsp. cumin powder
2 Tbsp. paprika powder
1 Tbsp. coriander powder
2 Tbsp. dried cilantro
2 Tbsp. dried and ground lemon peel
1 teaspoon chili powder
1/8 teaspoon cayenne pepper
2 Tbsp. Real Salt

Spicy Blend

For those who like a lot of flavor with a little kick

1 Tablespoon garlic powder
1 Tbsp. onion powder
1 Tbsp. dried and ground lemon peel
1 Tbsp. dry mustard
1 Tbsp. dried and powdered horseradish
1 teaspoon allspice
1 tsp. coriander
1 tsp. marjoram
½ tsp. low-medium heat cayenne pepper
1 Tbsp. Real Salt

**Natural Arts Healing Center
Raphaology Medicine**

Fresh Salad Dressings

Fat Burner Dressing

6 Tablespoons Extra Virgin Olive Oil
1 teaspoon balsamic vinegar
2 teaspoons fresh squeezed lemon or lime juice
1 teaspoon red wine vinegar
1 tablespoon Kal nutritional yeast
1 teaspoon Braggs liquid amino's
½ teaspoon Real Salt
½ teaspoon dried sweet basil herb
½ teaspoon thyme
dash garlic powder
dash onion powder
dash cayenne

Italian Anti-Acid Dressing

4 Tablespoons Extra virgin Olive oil
1 tablespoon balsamic vinegar
1 tablespoon red wine vinegar
1 teaspoon raw honey
¼ teaspoon oregano
½ teaspoon marjoram
¼ teaspoon sweet basil
¼ teaspoon Real Salt
¼ teaspoon garlic powder

Honey Mustard Dressing

4 tablespoons Extra Virgin Olive oil
1½ Tablespoon prepared mustard
1 ½ Tablespoons raw honey
1 Tablespoon fresh lemon juice
¼ teaspoon Real Salt
Option; ½ teaspoon dried dill

French Fat Burner Dressing

4 tablespoons Extra Virgin Olive Oil
1 tablespoons red wine vinegar
1 teaspoon lemon juice
½ teaspoon prepared mustard
½ teaspoon raw honey
¼ teaspoon Real Salt,
½ teaspoon sweet basil
¼ teaspoon thyme
Dash cayenne

These dressings can be made fresh for a salad to serve 4 people or for a single serving salad, refrigerating the rest. These recipes can also be made in 4-10 times the quantity and kept in the refrigerator, if so, add ½ teaspoon liquid lecithin to emulsify the ingredients and keep oil from separating and getting solid.