



# Make Your Own Shaker Herb Blends

Make your own low sodium seasonings to shake on meat, poultry, fish, vegetables, soups, and salads. Simply toss together and store in shaker jar with holes in the lid. Experiment with your own blends and be creative!

## Blend One:

2 tsp Marjoram  
1  $\frac{3}{4}$  tsp Rosemary  
1 tsp Sage  
2 tsp Thyme

## Zesty Onion Herb Seasoning:

1 T Cracked black pepper  
1 T Garlic powder  
1 T Ground cumin  
 $\frac{1}{4}$  cup Instant chopped onion  
1 T Sweet basil

## Herbed Celery Blend:

1  $\frac{1}{2}$  tsp Celery seed  
1 T Dill weed  
 $\frac{1}{4}$  cup Instant chopped onion  
 $\frac{1}{2}$  tsp Sugar  
 $\frac{1}{4}$  tsp Tarragon

## Blend Three:

$\frac{1}{2}$  tsp Basil  
 $\frac{1}{2}$  tsp Celery seed  
1  $\frac{1}{2}$  tsp Marjoram  
1  $\frac{1}{2}$  tsp Savory  
1  $\frac{1}{2}$  tsp Thyme

## Blend Two:

1  $\frac{3}{4}$  tsp Marjoram  
1  $\frac{1}{4}$  tsp Rosemary  
1 tsp Sage  
1  $\frac{3}{4}$  tsp Savory  
1  $\frac{1}{4}$  tsp Thyme

## Peppy Herb Seasoning:

1 tsp Ground black pepper  
2 tsp Ground sage (rubbed)  
1  $\frac{1}{2}$  T Leaf marjoram  
1  $\frac{1}{2}$  T Leaf thyme  
1 T Rosemary leaves

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

CVC Control # 214  
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