



Powers Health

Empowering Women's Retreat

Self-Care for your Mind & Body

Seasoning Mixes

Pumpkin Pie Spice

Yields: 4 oz. (approx. ½ cup)

- 6 T. Cinnamon
- 1 T. Allspice
- 1.5 t. Ground ginger
- 1 T. Nutmeg
- 1/2 t. Ground cloves (optional)

Taco Seasoning

Yields: 4 oz. (approx. ½ cup)

- 2 T. Chili powder
- 2 T. Cumin
- 1 1/2 t. Garlic powder
- 1 1/2 t. Onion powder
- 1/2 t. Oregano
- 1/2 t. Ground black pepper
- Dash of paprika

Healthy Ranch Dressing Mix

Yields: 4 oz. (approx. ½ cup)

- 4 T. Dried parsley
- 1 T. Dill
- 1 T. Garlic powder
- 1 T. Onion powder
- 1/2 t. Basil
- 1/2 t. Ground black pepper

To make dressing:

Combine 1 tablespoon of mix with 1/4 cup Greek yogurt (or mayo) and 1/4 cup milk (or non-dairy milk.)

Refrigerate for at least 30 minutes.