



Caribbean Spice Blend

INGREDIENTS

4 tsp Full Circle Market coconut sugar
4 tsp Hy-Vee garlic powder
4 tsp That's Smart! onion powder
4 tsp sea salt
4 tsp Hy-Vee paprika
2 tsp ground allspice
2 tsp ground coriander
2 tsp Hy-Vee dried thyme leaves
1 tsp Hy-Vee crushed red pepper
½ tsp Hy-Vee ground cloves
¼ tsp Hy-Vee ground cinnamon

PREPARATION

- 1** Combine coconut sugar, garlic powder, onion powder, sea salt, paprika, ground allspice, ground coriander, dried thyme leaves, crushed red pepper, nutmeg, cloves, and cinnamon in a small bowl.
- 2** Store covered in an airtight container up to 1 month.

NUTRITION FACTS

Calories: 25

Sodium: 1180mg
Carbohydrates: 6g
Fiber: 1g
Sugar: 3g
Protein: 1g