

**MAXIMUM TASTE ... ZERO CALORIES AND VERY HEALTHY.
Spice your dishes and enjoy the simplest and
fastest.**

I leave you three different mixes of species to spark your dishes and without adding calories you get very tasty preparations.

I encourage you to use spices and organic herbs to make sure they are not radiated, contain no additives or extra flavorings and are free of pesticides.

MIX CAJÚN

This mix may seem very spicy, but it is not. It has a very nice light spice. It is very tasty in chicken, in preparations of nuts, in salad dressings, fish, breads, vegetable spreads, vegetable creams, soups and tofu. If you use it to season a piece (whether tofu, fish or meat), once you have the mix done, smear the food well, you have a thin layer of the Cajun Mix that covers it ... rich, rich.



2 teaspoons unrefined sea salt (optional)
2 teaspoons garlic powder
2 ½ teaspoons sweet paprika
1 teaspoon ground black pepper
1 teaspoon onion powder
1 teaspoon cayenne powder
1 ¼ teaspoons dried leaf oregano
1 ¼ teaspoons thyme on leaf or powder
½ teaspoon ground pink pepper (optional)

Mix all the ingredients until they are perfectly incorporated.
You can use whole species and grind them if you have a spice grinder.

MIX MEDITERRANEAN

This mix is tasty, aromatic, although it carries pepper it's not so spicy but if you do not like spicy do not put pepper or put just a little.

It has a very tasty Mediterranean flavour.

Once you have the mix made, smear the food well, have a thin layer that covers or use it in vinaigrettes, nuts, stews, etc.



- ½ tablespoon unrefined sea salt
- 2 teaspoons sweet paprika (can be smoked)
- 1 ½ teaspoons onion powder
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons dried leaf or powder basil
- 1 teaspoon powdered mustard
- 1 teaspoon cumin
- 2 teaspoons ground pepper (optional put all or less)
- ½ teaspoon dried thyme on leaf or powder
- ½ teaspoon dried rosemary

Mix all the ingredients until they are perfectly incorporated.

You can use whole species and grind them if you have a spice grinder.

MIX LAVENDER

It is very surprising how lavender gives a special taste and how great it suits salty dishes. We usually associate it with desserts. I encourage you to break up schemes and try this fantastic mix in: salads, vinaigrettes, pasta sauces, meats, fish, stews or to flavor vegetable creams, green smoothies and cereal dishes - try to make a risotto with this seasoning - you will be surprised .



1 tablespoon of ground pepper (can be white or black)
2 tablespoons chopped garlic powder
1 tablespoon of unrefined sea salt
1 ½ tablespoon dried lavender flower

Mix all the ingredients until they are perfectly incorporated.
You can use whole species and grind them if you have a spice grinder.

I personally like to grind my own spices. To grind them I use this Cuisinart grinder that suits me perfectly. It is a small gadget that I give a lot of uses for the spices and to make me raw vegetable couscous, bases for vinaigrettes, ... a lot of things. If not, with any grinder you can always do well, although I do not like them because they break very quickly the blades, that's why I bought this one.

Let your imagination fly and dare to use and enjoy these fantastic mix.