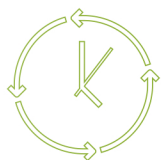




Family Meal

EVERYDAY SPICE BLEND



MINUTES

2

150 calories per batch

INGREDIENTS

- 6 tbsp salt
- 2 tbsp chili powder
- 2 tbsp black pepper
- 1 tbsp sugar
- 1 tps cumin

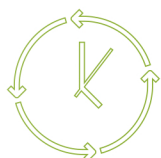
METHOD

1. Mix ingredients



Family Meal

GARLIC MARINADE



MINUTES

5

160 calories per batch

INGREDIENTS

- 1/8 cup olive oil
- 1/4 cup parsley finely chopped
- 1/8 cup lemon juice
- 2 tbsp garlic
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp chilli powder
- 1/4 tsp cumin

*If using Everyday Spice Blend,
use 1.5 tsp*

METHOD

1. Mix ingredients in a bowl.
Whisk in herbs last