



Dr. Laleh's All Purpose Spice Blend

Ingredients

Amount

Coriander Seeds	¼ C
Fennel Seeds	2 TBS
Granulated Garlic	1 tsp
Coarse Black Pepper	2 tsp
Dried Sage	1 tsp
Dried Thyme	1 tsp
Pink Himalayan Sea Salt	1 tsp
Paprika	2 tsp
Mrs. Dash Salt Free Lemon Pepper	1 TBS

Preparation:

- Use a Magic Bullet or Nutra Bullet or Nija Bullet Blender.
- Make sure the blade and the blender cup are completely dry/ moisture free.
- Add all ingredients to the blender and pulse for 1-2 seconds at a time; mix well and pulse a few more time until the coriander seeds and fennel seeds are pulverized but not too fine.
- Store in a glass jar.
- Use this blend for cooking, baking, roasting, grilling vegetables and any kind of meat, poultry or fish, or in soups and stews.