

ITALIAN SEASONING

INGREDIENTS

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| 3 tbsp basil | 1 tsp sage |
| 3 tbsp oregano | 1 tsp rosemary |
| 3 tbsp parsley | 1/4 chili flakes |
| 1 tbsp garlic powder | 1 tsp thyme |
| 1 tsp onion powder | 1 tbsp sea salt |
| 1/4 tsp pepper | |

PROCEDURE

Add all ingredients to a bowl and stir until thoroughly blended.

Pour into a jar with a tight-fitting lid.