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| Low Sodium Combinations | |
| Great on Potatoes | Great on Vegetables |
| 2 tablespoons dill weed  1 tablespoon garlic powder  1 tablespoon onion powder  1 tablespoon paprika  1 tablespoon dried parsley  1 tablespoon dried sage | 2 tablespoons black pepper  1 tablespoon cayenne pepper  1 tablespoon paprika  1 tablespoon onion power  1 tablespoon garlic powder |
| Great on Vegetables  & French Fries | Great on Squash and Carrots |
| 2 tablespoons chili powder  2 tablespoons cumin  1 tablespoon crushed red pepper  1 tablespoon onion powder  1 tablespoon granulated garlic | 2 tablespoons cinnamon  1 tablespoon ground cloves  1 tablespoon ground ginger  1 tablespoon nutmeg |
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