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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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