

Go Lean With Protein

Eating Smart Seasoning Mix

Makes: 2 ½ cups

Preparation Time: 10 minutes

Ingredients:

- 1 ¼ teaspoon black pepper
- 1 tablespoon garlic powder
- 2 tablespoons dried parsley flakes
- ¾ cup dried, minced onion
- 2 cups dry milk

Directions:

1. Combine all ingredients.
2. Store in airtight container.
3. Use in recipes as indicated.



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