



Convenience Salt-Free Seasoning Mix

(Use mix within 6 months)

- 1 teaspoon dried thyme
- 1 ½ teaspoons garlic powder
- 2 teaspoons dry mustard
- ¼ teaspoon dill weed
- 1 ½ teaspoons dried oregano
- 2 teaspoons paprika
- ½ teaspoon onion powder

Combine and place in an airtight container; store in a cool place.
Use in place of salt to season food.



Gingerbread Cookie Mix

(Use mix within 6 months)

- 1 jar Gingerbread Cookie Mix
- ¼ cup butter
- ¾ cup molasses
- 1 egg

Empty contents of jar into a large bowl. Mix well. Add softened butter, molasses, and egg. Mix completely until well blended. Dough will be very stiff. Cover and refrigerate 1 hour. Preheat oven to 350°F. Roll dough to ¼-inch thickness on a lightly floured surface. Cut into shapes with a cookie cutter. Place on lightly greased cookie sheets, about 2 inches apart. Bake for 10-12 minutes. Decorate as desired.



Oatmeal Raisin Spice Cookie Mix

(Use mix within 6 months)

- 1 jar Oatmeal Raisin Spice Cookie Mix
- 2 eggs, beaten
- ¾ cup softened butter
- 1 teaspoon vanilla

Preheat oven to 350°F. Empty cookie mix into a large mixing bowl. Add softened butter, eggs, and vanilla. Mix until completely blended. Roll heaping tablespoons into balls and place 2 inches apart on a lightly greased baking sheet. Bake at 350°F for 11-13 minutes or until edges are lightly browned. Cool 5 minutes on a cookie sheet then move to wire racks to cool completely.



Alphabet Soup Mix

(Use mix within 6 months)

- 1 jar Alphabet Soup Mix
- 4 cups water
- ¼ cup tomato sauce

Remove crackers from jar; set aside. Place water, tomato sauce and contents of jar into a large sauce pan. Bring to a boil over high heat; reduce heat and simmer 10 minutes, uncovered, or until pasta is tender. Serve with crackers.

Variation: One cup of frozen vegetables may added during the last 2 minutes of cooking time.

Gingerbread Cookie Mix

Nutrition Facts

24 servings per container
Serving size 1 cookie (43g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 65mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 186mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Convenience Salt-Free Seasoning Mix

Nutrition Facts

4 servings per container
Serving size 1/2 Tablespoon (5g)

Amount per serving
Calories 20

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 52mg	2%

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Alphabet Soup Mix

Nutrition Facts

4 servings per container
Serving size 1 cup (313g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 61mg	2%

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Oatmeal Raisin Spice Cookie

Nutrition Facts

36 servings per container
Serving size 1 cookie (27g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 70mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 41mg	0%

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