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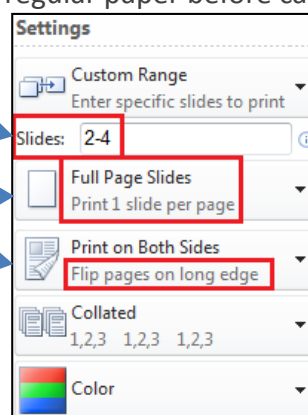
Printing Instructions; for the:

- **Recipe card**, print on cardstock using the double side print option. Pages 2 & 3 are designed to line up back and front when printed. The recipe card measures 3"x5".
- **Jar labels**, print on sticker back paper, cut to size.
- **Printer Settings:**

Here are my printer settings: Yours may be a little different depending on your printer, but the "options" should be similar. Practice on regular paper before cardstock to make sure its lines up properly.

- Print beginning on page 2
- Print 1 slide per page
- Print both sides, flipping pages on the long side

The cards are formatted and aligned to print properly on the back and front.



Front Card A

All Purpose House Seasoning

Prep Time: 5 minutes Skill Level: easy
 Total Time: 15 minutes Yield: 1 cup



Ingredients:

- 1 tbsp of sea salt or Himalayan pink salt
- 3-4 peppercorns
- 2-3 tsp of turmeric
- 1 tbsp *each* of dehydrated: mushroom, carrots, bell peppers, kale, spinach
- 2 tbsp *each* of dehydrated: celery, onions, garlic, and cabbage
- Optional: 1 tbsp each of dehydrated: cauliflower, broccoli and basil

Additional organic spices include:

- 1 tbsp *each* of paprika, parsley, Italian seasoning or Herbes de Provence
- ½ tsp hot pepper flakes

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Front Card B

Every recipe card page you print will have a blank recipe card to reduce wasted paper

Name: _____

Prep Time: _____

Skill Level: _____

Total Time: _____

Yield: _____

Ingredients:

- | | |
|--------------------------------|--------------------------------|
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Back Card A

Instructions:

1. Grind all ingredients in a coffee grinder (used only for spices) until powdered.
2. Store in an air-tight glass spice container or canning jar.
3. When seasoning:
 - Use approximately 2 tbsp per pound of meat
 - Use approximately ½ tbsp per potato when roasting
 - Sprinkle on salads or potatoes

Kale has been reported as a superfood and turmeric reported as a health food.

Resources to help you decide what is best for your family:

- <http://www.aliveraw.com/Articles/Kale-The-Underappreciated-Superfood.aspx>
- <http://www.webmd.com/vitamins-supplements/ingredientmono-662-TURMERIC.aspx?activeIngredientId=662&activeIngredientName=TURMERIC>
- <http://vitalhomeremedies.com/health-benefits-of-turmeric/>

Back Card B

Instructions:

Canning Lid Labels:

Regular Mouth



Wide Mouth



Jar Front Label:

