



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## Chikee Seasoning

### INGREDIENTS:

- 1/8 C salt (or omit for salt free)
- 1/2 C yeast flakes
- 1/4-1/2 tsp turmeric
- 1/2-1 tsp garlic powder
- 1 TBS onion powder
- 1/2 tsp marjoram
- 1/2 tsp sage or summer savory
- 1 TBS parsley

### DIRECTIONS:

- Ensure Blender is 100% dry. Blend to a powder.

**\* Excitotoxin free Seasoning \***



