

Flavor Shakers

Great on Potatoes

2 tablespoons dill weed
1 tablespoon garlic powder
1 tablespoon onion powder

1 tablespoon paprika
1 tablespoon dried parsley
1 tablespoon dried sage



Great on Squash and Carrots

2 tablespoons cinnamon
1 tablespoon ground cloves
1 tablespoon ground ginger

1 tablespoon nutmeg



Great on Vegetables and French Fries

2 tablespoons chili powder
2 tablespoons cumin
1 tablespoon crushed red pepper

1 tablespoon onion powder
1 tablespoon granulated garlic



Great on Vegetables

2 tablespoons black pepper
1 tablespoon cayenne pepper
1 tablespoon paprika

1 tablespoon onion powder
1 tablespoon garlic powder



Additional Shaker Ideas

1. Low-sodium lemon pepper
2. Crushed red pepper flakes
3. Grated Parmesan cheese and dried parsley
4. Course ground black pepper and granulated garlic



Adapted Source: Team Nutrition Iowa. (2018). *Flavor shakers*. <https://educateiowa.gov/sites/files/ed/documents/FLAVOR%20SHAKERS%20CACFP.pdf>