



## Shish Tawook Spice Mix

10 servings

5 minutes

### Ingredients

- 1 tbsp Paprika
- 1 tbsp Ground Allspice
- 1 1/2 tsps Oregano (dried)
- 1 1/2 tsps Black Pepper
- 1 1/2 tsps Garlic Powder
- 1 1/2 tsps Ground Ginger
- 1 1/2 tsps Cinnamon
- 1 1/2 tsps Nutmeg

### Directions

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Add all the spices to a medium-sized bowl and toss to combine. Store in an airtight jar.

### Notes

**Mexican Oregano:** To power up a food gene conversation with this blend, use Mexican Oregano. It is a potent source of Naringenin, a food-gene cross-talking polyphenol!

**Leftovers:** Store in a clean jar, away from heat, with other spices.

**Serving Size:** One serving equals approximately 1 1/2 teaspoons.

**How to Use:** Use to season any meat, lentils, tofu or tempeh.