

# high cannabinoid spice blend

RECIPE FROM: [Primal Palate](#)

PREP TIME: 5 minutes

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2 Tablespoons dried rosemary (I used fresh)

1 Tablespoon dried sage

1 Tablespoon dried thyme

1 teaspoon sea salt

1 teaspoon ground black pepper

¼ teaspoon lemon zest

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MIX all ingredients together. For a finer texture grind with mortar and pestle or in a spice or coffee grinder.

STORE in an airtight container.

**This versatile spice mixture is super delicious on baked chicken, but is also great on other meats or vegetables.**

