

everything bagel seasoning

Makes 8 Tbsp

RECIPE ADAPTED FROM: [Two Peas & Their Pod](#)

PREP TIME: 5 minutes

2 Tbsp dried minced garlic

2 Tbsp dried minced onion

2 Tbsp poppy seeds

1 Tbsp black sesame seeds

1 Tbsp white sesame seeds

NOTE: If you prefer to include salt with this seasoning mix, add 2 teaspoons of sea salt and reduce the amount of onion and garlic each to 1 Tbsp + 2 tsp.

MIX all ingredients thoroughly.

STORE in an air-tight container or an old spice jar with a shaker lid.

GET all the flavor of an everything bagel without all the refined carbs. This seasoning is especially delicious on cooked vegetables, salads, eggs and popcorn.

