Salt-less Spice Blend

**Sodium:** 1.78 milligrams per teaspoon

- 5 teaspoons onion powder
- 2½ teaspoons garlic powder
- 2½ teaspoons paprika
- 2½ teaspoons dry mustard
- 1¼ teaspoons thyme leaves, crushed
- ½ teaspoon ground pepper
- ¼ teaspoon celery seed

1. Mix thoroughly and place in shaker.
2. Use at table on main dishes, vegetables, soups or salads.