



Chick-it Seasoning



Ingredients

¼ cup salt
½ cup nutritional yeast flakes
¼ teaspoon tumeric
1 teaspoon garlic powder
1 Tablespoon onion powder
½ teaspoon marjoram
½ teaspoon sage
1 T parsley

Directions

1. Blend thoroughly to a powder. Put into an all purpose shaker. Store sealed in a container in the refrigerator.

Recipe from *Foods for Thought* by Baldwin, Griffin, Kissinger.