

HARMONIC HERBS RECIPES: Gardenmare

INGREDIENTS

- 3 tbsp powdered chives
- 2 tbsp powdered parsley
- 1 tbsp powdered summer savoury
- ½ tsp powdered dill seed

DIRECTIONS

Dehydrate herbs at 95°F until dry.

Powder herbs in a spice grinder, coarse or fine depending on your preference.

Mix together and sprinkle on grains and potatoes.