

Substitution Chart

Don't have all the Stacey Hawkins Seasonings? Never fear, you can make these substitutions instead

Cinnamon chipotle: ground cinnamon, ground chipotle, pepper, garlic

Garlic and Spring Onion or Garlic Gusto: Fresh garlic, parsley, lemon, chives and salt

Citrus Dill: dill, onion, garlic, lemon, parsley, pepper

Dash of Desperation: garlic, pepper, salt, onion, parsley, onion powder

Phoenix Sunrise or Southwestern Seasoning: your favorite low salt taco blend

Rosemary Versatility: fresh rosemary, sage, parsley, thyme, black pepper

Tuscan Fantasy: garlic, onion, red bell pepper, parsley, chives, salt, lemon

Rockin Ranch: your favorite ranch seasoning

Wok On Seasoning: ginger, garlic, parsley, red bell pepper, 5 spice powder

Tasty Thai Seasoning: lemongrass, ginger, garlic, parsley, red bell pepper, coconut, salt and pepper

Brightening Blend: lemon juice, parsley, lemon zest

Kickin' Cajun Seasoning: your favorite blackening spice

Simply Brilliant: garlic, lemon, pepper, salt

Balsamic Mosto Cotto: balsamic Reduction

Valencia Orange Oil: fresh orange juice and oil (o.j. not on program)

Roasted Garlic Oil: fresh garlic, oil

Luscious Lemon Oil: fresh lemon juice, oil