

Low FODMAP Taco Seasoning

Ingredients:

- 2 1/2 tsp cumin, ground 5 g 0.2 oz
- 1 1/2 tsp smoked paprika 4.5 g 0.16 oz
- 1 tsp chili powder (or to taste) 1 g 0.1 oz
- 1 tsp dried oregano 3 g 0.1 oz
- 1/2 tsp cracked black pepper (or to taste) 1 g 0.03 oz

Preparation:

1. Mix together the taco seasoning ingredients in a jar.