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## MOUNTAIN ROCK SPICE

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### Ingredients

2-4 Servings (1/4 cup)

1 tbsp nutritional yeast  
1/2 tbsp brown sugar  
1/2 tbsp paprika  
1/2 tbsp tomato powder  
1 tsp curry powder  
1/2 tsp ground cumin  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/4 tsp Himalayan pink salt  
1/4 tsp ground pepper  
1/4-1/2 tsp cayenne /chili powder  
Optional: 1 tsp dried citrus zest

Spice Jar (3/4 cup or 6oz)

3 tbsp nutritional yeast  
1 1/2 tbsp brown sugar  
1 1/2 tbsp paprika  
1 1/2 tbsp tomato powder  
1 tsp curry powder  
1 1/2 tsp ground cumin  
1 1/2 tsp garlic powder  
1 1/2 tsp onion powder  
1 tsp Himalayan pink salt  
1 tsp ground pepper  
1/2 -1 1/2 tsp cayenne /chili powder  
Optional: 1 tbsp dried citrus zest



### Instructions

Time  
5 mins

1. Measure out the ingredients and mix them together.
2. Store in an airtight container in a dark cool place for up to six months.

#### Ingredient Substitutions:

- Instead of dried citrus zest: Add 1 -2 tsp fresh lemon or orange zest while cooking.
- Instead of tomato powder: Add 2 tbsp tomato paste while cooking. I recommended this for curries, sauce, etc, but not for dry spice rub on meat.
- Try some variations with the spices, like swapping the cumin for coriander, or adding dried herbs.