

FODMAP TACO SEASONING

- 1/8 tsp cayenne pepper*
- 1/4 tsp dried oregano
- 1/2 tsp paprika
- 1-1/2 tsp ground cumin
- 1 tsp salt
- 1 tsp black pepper



Mix all ingredients together and store in a airtight container.

*Can also replace with 1/4 tsp red pepper flakes