



## DIY Everything Bagel Seasoning



1/10th of recipe (about 1 tsp.): 11 calories, 1g total fat (0g sat. fat), 104mg sodium, 0.5g carbs, <0.5g fiber, <0.5g sugars, <0.5g protein

**Prep:** 5 minutes



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### Ingredients

- 1 tbsp. white sesame seeds
- 2 tsp. black sesame seeds
- 1 tsp. poppy seeds
- 1 tsp. dried minced onion
- 1 tsp. dried garlic flakes
- 1/2 tsp. coarse sea salt

### Directions

In a small sealable container, mix ingredients until uniform.

Seal and store in a cool dry place.

MAKES 10 SERVINGS

**For recipes made with everything bagel seasoning, [click here!](#)**

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