

# Methylating Magic Dust

THM:E (FP for small amounts)

- 1 Tbsp. rosemary
- 1 Tbsp. oregano
- 1 tsp. thyme
- 1 tsp. mineral salt
- 1 Tbsp. smoked paprika
- 1 tsp. garlic powder
- 1/2 cup wheat germ
- 1/2 cup nutritional yeast

Add all ingredients to a storage jar.  
Shake/mix well.  
Sprinkle it on EVERYTHING!

Notes: Keep refrigerated.

<https://joyfullifewithkj.com/methylating-magic-dust>

