

REFLUX FRIENDLY SEASONINGS

Options to add flavor (can use fresh or dried herbs)

Basil
Thyme
Turmeric
Sage
Sea salt or table salt
Flaky Maldon salt
Rosemary
Fennel
Leek
Celery Seed
Oregano
Parsley
Cilantro
Dill
Bay Leaf
Nutritional Yeast
Za'atar seasoning or Dried Sumac
Cinnamon (<1 tsp/serving)
Truffle Powder
Garlic-infused olive oil
Gourmend Garlic & Onion Seasonings (Reflux-Friendly, use code MOLLY15 for 15% off)
Ginger powder: may not be a trigger for every person with reflux. **Use or omit as tolerated.**