

Savory Salt-Free Seasonings

Most of us know that consuming too much salt leads to higher risk of high blood pressure and heart disease. One of the top “prescriptions” for cardiac wellness patients is to remove the salt shaker from the table! Though some senior cooks fear that their culinary creations will taste bland without added salt, you might be surprised at how little you miss the added sodium if you try some other creative seasoning strategies. And did you know that many spices have health benefits as well? A spice rack’s worth of herbs and spices are hidden in this puzzle. Give your brain a workout and find all 25!



- GARAM MASALA**
- GARLIC**
- GINGER**
- HORSERADISH**
- MARJORAM**
- MUSTARD**
- OREGANO**
- PARSLEY**
- PEPPER**
- PEPPERMINT**



- ROSEMARY**
- SAFFRON**
- SESAME SEED**
- TARRAGON**
- THYME**
- TURMERIC**

- ALLSPICE**
- BAY LEAF**
- CARDAMOM**

- CHILI POWDER**
- CHIVES**
- CILANTRO**

- CINNAMON**
- CLOVES**
- CORIANDER**