



5 FAVE SPICE MIXES  
+

*5 Best Vegan  
Sauces & Dips*



BY MUNCHYESTA.COM



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# Spices, Dips, and Sauces

Is there anything better than spice mixes and vegan sauces?

Not if you ask me. Spices can change the whole mood of a dish in seconds. Season your salads with Grandma's Salt mix for a tantalizing trip to flavor heaven...or toss your veggies on the BBQ and season with the Homemade Veggie Steak seasoning for a true Barbecue flavor.

You can use these spice mixes and sauces for anything and everything. Season your favorite veggies, stews, and BBQ dishes with any one of these seasoning mixes...and serve your delectable meals with one of the mouthwatering (and spicy) vegan sauces.

Or make them into homemade DIY gifts for a charming personal present for friends and family.

We hope you enjoy our world of spices

*Ea & Simone*

Find more delicious dips, spice mixes, and recipes  
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# Thyme For Spices

## Greek Spice Mix

### Ingredients

- 3 tbsp dried thyme
- 5 tbsp dried oregano
- 3 tbsp dried basil
- 1 tbsp onion powder
- 2 tbsp granulated garlic
- 1 tbsp sea salt flakes

Note: if you're using your own dried herbs, remember to remove the stems first.

1. Blend all the ingredients in a mortar and pestle until combined.
2. Add the seasoning to a clean sealed glass jar or container. Store in a dark cool place (such as a cupboard or similar). Let the mix sit for a few hours before using.







# Mediterranean Spice Mix

## Ingredients:

- 2 tbsp dried basil
- 2 1/2 tbsp dried marjoram
- 2 tbsp dried parsley
- 1 tbsp dried rosemary
- 1 tbsp dried sage
- 1 tbsp dried thyme

1. Blend all the ingredients in a mortar and pestle until combined.
2. Add the seasoning to a clean sealed glass jar or container. Store in a dark cool place (such as a cupboard or similar). Let the mix sit for a few hours before using.







# Grandma's Salt n' Spice Mix

## Ingredients

- 3 tbsp sea salt
- 2 tbsp dried chives
- 2 tbsp dried tomato flakes
- 2 tbsp dried parsley
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp ground fennel
- 1 tbsp celery seeds
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tbsp black pepper

1. Blend all the ingredients in a mortar and pestle until combined.
2. Add the seasoning to a clean sealed glass jar or container.
3. Store in a dark cool place (such as a cupboard or similar). Let the mix sit for a few hours before using.





# Homemade Veggie Steak Seasoning

## Ingredients

- 2 tbsp dried dill
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 2 tbsp dried rosemary
- 2 tbsp sea salt
- 2 tbsp smoked paprika
- 2 tbsp roughly ground pepper
- 2 tsp ground cumin
- 2 tsp dried red chili flakes

1. Blend all the ingredients in a mortar and pestle until combined.
2. Add the seasoning to a clean sealed glass jar or container.
3. Store in a dark cool place (such as a cupboard or similar). Let the mix sit for a few hours before using.





# Put On Everything Garlic Seasoning

## Ingredients

- 3 tbsp granulated garlic
- 1 tbsp crushed sea salt
- 1 tbsp ground pepper
- 1 tbsp paprika
- 1 tbsp onion powder
- 2 tbsp dried oregano
- 1 tsp ground cumin



1. Blend all the ingredients in a mortar and pestle until combined.
2. Add the seasoning to a clean sealed glass jar or container.
3. Store in a dark cool place (such as a cupboard or similar). Let the mix sit for a few hours before using.





# 5-minute vegan Bang Bang Sauce

## Ingredients

- 1 cup vegan mayo
- 3 Tbs Sriracha
- 1/4 cup sweet chili sauce
- 2 Tbs Maple syrup
- 1 tsp Smoked paprika
- 2 tsp dried oregano
- 1 tsp garlic powder
- Salt to taste

In a small bowl, mix vegan mayo with sriracha sauce, sweet chili sauce, maple syrup, smoked paprika, oregano, garlic powder, and salt.

Store in a clean jar or container in the refrigerator for up to 5-7 days.





# Creamy Vegan Aioli



## Ingredients

- 1/2 cup (100 g) vegan yogurt "Skyr or Greek Style"
- 1/2 cup (100 g) vegan mayonnaise
- 2 tsp oregan, dried
- 2 cloves of garlic
- ½ lime the juice of it
- salt and pepper to taste

1. In a small bowl, mix together all the ingredients.
2. Add salt and pepper to taste.
3. Enjoy.
4. Store in a clean sealed jar or container in the refrigerator for up to 1 week.





# The Best Chimichurri

## Ingredients

- 2 tablespoons fresh garlic, roughly chopped
- ½ cup fresh parsley
- ¼ cup fresh cilantro
- 1 cup olive oil
- ¼ cup fresh lemon juice, or lime
- 1 tablespoon dried oregano
- 2 teaspoons crushed chili flakes
- ½ tablespoon salt, more to taste

Add garlic, parsley, and cilantro to a food processor and process until everything is finely chopped.

Pour in the olive oil and add the rest of the ingredients. Pulse a few times until everything is combined.

Store in a sealed container in the refrigerator for up to 10 day.

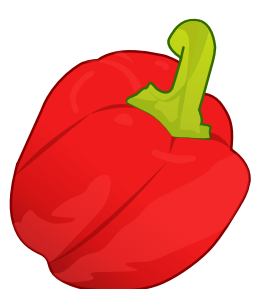




# Grilled Peppers Muhammara

(Red peppers spread)

- 4 Red peppers, grilled or roasted
- 2-3 cloves garlic, minced or grated
- 3 oil packed sun-dried tomatoes
- 1 15ounce can red kidney beans
- 1 1/2 tsp ground cumin
- 1/2 tsp sea salt, more to taste
- 1 tsp smoked paprika
- 1 tsp sriracha sauce
- 3 tbsp olive oil
- Juice from 1 lemon
- 1 bunch fresh basil, chopped



Instructions:  
in a food processor, combine the roasted peppers, sun-dried tomatoes, garlic, drained kidney beans, olive oil, lemon juice, and all the spices. Process until it turns into a smooth thick spread. Add more salt if needed. Finally, mix in half of the basil. Garnish with the rest of the basil and enjoy.





# The Best Vegan Pesto

(That you're gonna wanna put on everything)

## Ingredients

- 1 cup Walnuts
- $\frac{1}{3}$  cup Pine Nuts
- 6-8 oil-packed Sun-dried Tomatoes
- 1 clove Garlic Minced
- 1 bunch Fresh Basil
- $\frac{1}{4}$  cup Olive Oil
- Juice from  $\frac{1}{2}$  Lemon, or alternatively juice from 2 limes
- $\frac{1}{2}$  tsp Sea salt or Kosher Salt, More if needed
- $\frac{1}{3}$  tsp Black Pepper

Heat a small non-stick frying pan and add the walnuts and pine nuts. Toast the nuts for a few minutes while stirring occasionally. When the nuts are golden brown, remove from the heat.

Pour the toasted nuts into a blender along with the sun-dried tomatoes, basil, parsley, olive oil, minced garlic, lemon juice and seasoning. Blend until everything is combined to a pesto. You may need to scrape the sides down a few times to make sure everything is blended.

Pour the pesto into a clean jar with a lid and store any leftovers in the refrigerator.



For more  
*Mouthwatering*

Deliciousness

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