

# Za'atar Spice Blend

Enjoy this low-sodium version of the Middle Eastern Za'atar spice blend when seasoning your hummus, vegetables, meats, eggs, and more!



Total Time:  
5 minutes



Yield:  
1/2 cup



## Ingredients:

- 1 Tbsp dried thyme or oregano
- 1 Tbsp cumin
- 1 Tbsp coriander
- 1 Tbsp sesame seeds
- 1 Tbsp sumac
- 1/2 tsp kosher salt
- 1/4 tsp aleppo chili flakes  
(optional)

## Instructions:

1. Mix all the ingredients together in a small bowl. Store in an airtight container.
2. For the most flavor, toast whole seeds (cumin and coriander seeds) until fragrant, then grind. If you don't have whole seeds, you can purchase the ground spices.