

\*The crackers along the edge get done first because they are always the thinnest. Remove the crackers that are done and continue baking until the center crackers are cooked.



## Anticancer Sprinkle

From Chris Wark's *Beat Cancer Kitchen Cookbook*

*By: HealingStrong*

Prep time:	10 min
Cook time:	20 min
Yield:	½ cup

### Ingredients:

- 1 tbsp dried oregano
- 1 tbsp granulated garlic or garlic powder
- 1 tbsp curry powder or turmeric
- ¼ tsp cayenne pepper
- 1 tsp black pepper
- 2 tbsp mixed seasoning like Braggs Organic Sprinkle
- 2 tbsp nutritional yeast

### Directions:

- Mix all the ingredients in a small Mason jar or resealable container and shake until they are well mixed. You can keep this mixture in your spice cabinet and put it on everything!

\*Tip: Goes great on kale chips, soups, and salads!