Did you know that some spices that you buy in the store contain trace amounts of soy or other fillers, sometimes these don’t even have to be listed on the ingredients. Stop this today and make your own!

As with many aspects of natural living, simple is often cheaper, easier and more healthy. Making your own garlic, onion and chili powders (or a blend of all three) can be one of the easiest and tastiest changes you can make.

How To Make Your Own Garlic, Onion and Chili Powders

(Picture Credit: stu_spivack)