



HOLIDAY HINTS

from

Hans

Spice it up!



Developed by Joe Rueffert over 30 years ago, **Cajun Joe** is a spicy concoction that adds a kick to whatever needs kicking! Unlike other Cajun blends, **Cajun Joe** is very LOW in sodium. Toss pecan halves in a little olive oil, **Cajun Joe** (as spicy as you like it!) and a pinch of **Out of the Blue Salt** and bake in the oven at 350 until just crunchy. Add it to your chili, soups, or grilled meats for a meal you won't soon forget. Gesundheit!

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