

Pumpkin Pie Spice

This is an aromatic spice blend that is easy to make with spices you may already have in your pantry. Think outside the pie - it can be used to add fall flavor to many dishes!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

4 ½ tsp	Cinnamon, ground
1 tsp	Ginger, ground
1 tsp	Nutmeg, ground
¾ tsp	Allspice, ground
¾ tsp	Cloves, ground

CHEF'S NOTES

Add this spice blend to baked goods like cookies, your breakfast oatmeal, and your morning coffee for a do-it-yourself pumpkin spice latte. It would pair well with any fruit-based dessert or compote. It can also add warm, fall flavor to dishes like chili, cornbread, and roasted vegetables.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add all ingredients to a small bowl and mix until well combined.
3. Use immediately and store any leftovers in an airtight container, in a cool, dark place for up to 6 months.

Nutrition Facts

8 servings per container

Serving Size 1 tsp (2 g)

Amount per serving

Calories 5

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g 0%

Dietary Fiber less than 1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.21mg 0%

Potassium 14mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

