

## Spice it up!

### Homemade Pumpkin Pie Spice Mix

- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- 1/8 tsp ground cloves
- Recipe: ~0.2 g pro and 3 mg Met

### Homemade Apple Pie Spice Mix

- 2 Tbsp ground cinnamon
- ½ Tbsp allspice
- 1 tsp nutmeg
- 1 tsp ginger
- Recipe: ~1.1 g pro and 18 mg Met

### Citrus salt

- 1/2 cup / 65 g flaky sea salt
- 1 tablespoon citrus zest

### Ranch seasoning

- ¼ cup dried parsley
- 1 Tbsp dried dill
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- ½ tsp dried basil
- 1 tsp salt
- ½ tsp pepper
- Recipe: ~4.4 g pro and 58 mg Met

### Asian 5-Spice Seasoning

- 2 tablespoons Anise Powder
- 1 tablespoon Ground Pepper
- 1 tablespoon ground Fennel
- 1 tablespoon Cinnamon
- 1 tablespoon ground Cloves
- 1 tablespoon Himalayan or sea salt
- Recipe: ~4.3 g pro and 66 mg Met

### Veggie broth spice

- 3 Tablespoons onion powder
- 1 Tablespoons garlic powder
- 1 Tablespoons sea salt
- 1 teaspoon black pepper
- 1 teaspoon thyme
- 1 teaspoon paprika
- ½ teaspoon turmeric
- ½ teaspoon parsley flakes
- Recipe: ~4.8 g pro and 44 mg Met

### Taco seasoning

- 3 tbsp. chili powder
- 2 tbsp. ground cumin
- 2 tbsp. paprika
- 1 tbsp. plus 1 tsp. onion powder
- 1 tbsp. plus 1 tsp. garlic powder
- 1/2 tsp. oregano
- 1/4 tsp. cayenne pepper (optional)
- Recipe: ~10.3 g pro and 106 mg Met

### Curry powder

- 2 tbsp. turmeric
- 1 tbsp. + 1 tsp. ground coriander
- 1 tbsp. ground cumin
- 2 tsp. cinnamon
- 2 tsp. ground ginger
- 1 1/2 tsp. mustard powder
- 1 tsp. ground cardamom
- 1 tsp. ground cloves
- 1/2 tsp. ground black pepper
- 1/4 tsp. cayenne pepper
- Recipe: ~4.7 g pro and 65 mg Met