



Bequeen Spoons Recipes

Pumpkin Spice Mix

Use this spice mix in anything you like, coffee, muffins, cakes. It's perfect for all of the fall and winter months. To keep things simple, you can buy all your spices ground. If you only have whole spices, make sure you have a spice grinder or a strong blender available to grind your spices.

<u>Ingredients</u>	<u>ounces</u>	<u>grams</u>	<u>volume</u>
Cinnamon	3 ounces	85 grams	14 Tablespoons
Nutmeg	1-1/2 ounces	42 grams	7 Tablespoons
Clove	1-1/4 ounces	35 grams	5 Tablespoons + 2-1/2 teaspoons
Ginger	1 ounce	28 grams	4 Tablespoons + 2 teaspoons
Cardamom	1/2 ounce	14 grams	2 Tablespoons + 1 teaspoon
Allspice	1 ounce	28 grams	4 Tablespoons + 2 teaspoons
White Pepper	1/4 ounce	7 grams	1 Tablespoon

Instructions

1. Measure Out all of your spices.
2. Grind each spice to a fine powder
3. Sift all the spices to remove any large pieces
4. Mix your spices together.
5. Store in an air tight container for the cold season.

Check out our website for more info and recipes
www.bequeenspoons.com



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of SPOONS