



Ayurvedic Health Center

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Guided Transformation in Health and Wellness

— Spice Blends —

For each of these spice blends, simply measure out the amount of each herb or spice and place into a small glass jar. Once all of the herbs for a recipe have been added, shake or stir well to combine the herbs and spices. These blends can be used in cooking and at the table to add some extra flair to your cooking.

It is better to use organic herbs and spices — and to use them within one year of purchasing them.

Remember to label the jar so that you know what is in it!

Curry Spice Blend

- 2 Tbsp. cumin powder
- 2 Tbsp. coriander powder
- 2 Tbsp. turmeric powder
- 1½ tsp. cardamom powder
- ½ tsp. cinnamon powder
- ½ tsp. cayenne powder

Greek Spice Blend

- 1 Tbsp. garlic powder
- 1 Tbsp. dried basil
- 1 Tbsp. dried oregano
- 1½ tsp. salt
- 1½ black pepper powder
- 1½ tsp. dried parsley
- 1½ tsp. dried rosemary
- 1½ tsp. dried thyme
- ¾ tsp. nutmeg powder

Italian Spice Blend

- 2 Tbsp. dried basil
- 2 Tbsp. dried oregano
- 1 Tbsp. dried thyme
- 1 Tbsp. dried rosemary
- 1 Tbsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. salt

Mexican Spice Blend

- 2 Tbsp. chili powder
- 2 Tbsp. cumin powder
- 1½ tsp. onion powder
- 1½ tsp. garlic powder
- ½ tsp. cayenne pepper powder
- ½ tsp. black pepper powder
- ½ tsp. salt
- ½ tsp. dried oregano

Pumpkin/Apple Pie Spice Blend

- ¼ c. cinnamon powder
- 2 tsp. ginger powder
- 2 tsp. nutmeg powder
- 2 tsp. allspice powder
- 1 tsp. ground cloves

Thai Spice Blend

- ½ Tbsp. cumin powder
- 1 Tbsp. sea salt
- 1 Tbsp. white pepper powder
- 1 Tbsp. black pepper powder
- 1 Tbsp. hot chili powder
- 2 Tbsp. lemongrass powder
- 2 Tbsp. dried lime zest
- 2 Tbsp. garlic powder
- 2 Tbsp. ginger powder
- 2 Tbsp. dried mint
- 2 Tbsp. toasted coconut, ground