

# Spice Mixtures



## Moroccan Spice Mixture

*In a jar combine:*

- 4 tsp. ground cinnamon
- 4 tsp. ground ginger
- 2 tsp. ground turmeric
- 4 tsp. ground paprika
- 2 tsp. ground pepper

*Use as directed in various recipes.*

## Curry Powder

- 4 tsp. ground cumin seeds
- 4 tsp. ground coriander seeds
- 4 tsp. turmeric
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. cayenne
- 1/2 tsp. black pepper
- 1/2 tsp. ground cloves
- 1/2 tsp. ground cardamom

*Mix the spices together in a small glass jar: (Save extra for other recipes.)*

## Sausage Spice Mix

*Adapted from a recipe in Light & Tasty*

*Combine:*

- 4 tsp. rubbed sage
- 2 tsp. salt
- 2 tsp. fennel seed
- 2 tsp. dried thyme
- 1/2 tsp. pepper
- 1/8 tsp. white pepper,
- 1/8 tsp. cayenne pepper
- 1/8 tsp. ground allspice
- 1/8 tsp. ground cloves

1/8 tsp. ground nutmeg

*Combine with 4 lb. ground turkey or pork. When mixing, add: 1/2 tsp. crushed garlic*

**Label a jar and mix your own supply of these useful spice mixtures to have on hand when you need them! Purchased mixtures contain starches which are not SCD legal, so making your own is a great solution!**