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Spice and Seed Blends

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Hi There!

Thanks so much for grabbing my guide to Delicious, Healthful Spice Blends. I know you are going to love these simple, easy to use recipes!

My name is Heather Carey and I am a Culinary Nutritionist who helps women find freedom from diets and make peace with food. I have supported hundreds of women on their journey to discover a better way to lose weight and feel great that does not involve restrictive food plans and irrational rules to follow. In my world food is to be enjoyed. Eating well has as much to do with your health as it does with how you feel.

As a Culinary Nutritionist it is my job to take simple healthy food and show you how to make it taste delicious! Using spice blends is one of the best ways to add great flavor. In addition, spices are incredibly healthy for you. All spices are full of anti-inflammatory nutrients and anti-cancer benefits. This is food as medicine in action, one of the philosophies I fully believe in.

Yes! Making Your Own Spice Blends

You can certainly walk into most grocery stores these days and buy blends of spices but I love to make my own, for a few reasons. Here's why:

You know exactly what is going into your blend.

If you don't love a spice you can simply leave it out (or add more in),

My most important reason - spice blends save you time! You might notice that many Mexican recipes, for example, call for the same spices and herbs. Rather than pulling out ten different spices from your cabinet, simply use the equivalent of spices in the blend.

Ready to Use the Spice Blends?

Great! You can pop over to my [website](#) and check out dozens of my free recipes. If you want more instruction you can sign up for one of my really fun online [cooking classes](#) through The Green Palette Kitchen. Or, if you are ready to take healthy eating a full step further, you can set up a [time to talk](#) with me.

I hope you find the time to cook well, eat well and be well! Heather

PS I have a **BONUS** recipe for you in here too! My super simple, super healthy Hormone Balancing Seed Blend! Add in the healthiest fats and phytoestrogens to help balance hormones, ease hot flashes and make you feel great. Enjoy!



Gingerbread Spice Blend

24 servings

5 minutes

Ingredients

1/4 cup Ground Ginger
1/4 cup Ground Cinnamon
1/4 cup Ground Allspice
2 tbsps Ground Cloves
2 tbsps Nutmeg
1/4 tsp Freshly Ground Black Pepper

Directions

1 In a mason jar or other jar, add all the spices. Stir well together with a spoon.

Notes

How To Use: Stir into oatmeal while cooking, whole grain pancakes, muffins or quick breads, or smoothies. Really, anything that calls for a combination of these types of spices, or if you want to add a warming combination spices.

Start Slow: These spices are strong so start small in oatmeal or smoothies - a 1/2 teaspoon to start, you can always add more in.

Baked Goods: Add in the amount the recipe calls for, totaling up the amount of spice.

How To Store: Store in a mason jar, or other glass jar, with other spices, away from heat.



Mediterranean Herb Blend

24 servings

5 minutes

Ingredients

2 tbsps Dried Thyme
2 tbsps Dried Rosemary
1 tbsp Dried Oregano
2 tbsps Cumin
2 tbsps Ground Coriander

Directions

- 1 Mix spices together in a mason jar or other glass jar.

Notes

How To Store: Store in a clean mason jar, or other glass jar, away from heat, with other spices.

How To Use: Use in soups, as a rub for chicken, meats, fish or tofu, or in eggs.



Indian Spice Blend

24 servings

5 minutes

Ingredients

1/4 cup Ground Cumin
3 tbsps Ground Coriander
3 tbsps Turmeric
2 tps Ground Cinnamon
2 tps Black Pepper
1 1/3 tps Ground Ginger
2 tps Cardamom

Directions

1

In a mason jar or other glass jar, mix all the spices together. Keep away from heat, with other spices.

Notes

How To Store: Keep the spice blend in a clean glass mason jar, away from heat, with other spices.

How To Use: Use in any recipe that calls for curry spices or curry powder, stir fries, meats, fish, chicken, tofu or soups.



Spicy Mexican Blend

4 servings

5 minutes

Ingredients

1/4 cup Chili Powder
2 tbsps Smoked Paprika
2 tbsps Cumin
2 tsps Garlic Powder
2 tsps Oregano

Directions

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Combine all the spices into a mason jar or other glass jar with a lid and shake well to combine.

Notes

How To Store: Store in a clean mason jar, or other glass jar, away from heat, with other spices.

How to Use: Season fish, ground beef, steak, chicken or shrimp for fajitas, tacos, burritos or nachos. Use in soups and chilis.

Want More Heat?: For a spicier seasoning use chipotle or ancho chili powder instead and add cayenne pepper or red pepper flakes to taste.



Middle Eastern Spice Mix

10 servings

5 minutes

Ingredients

- 1 tbsp Paprika
- 1 tbsp Ground Allspice
- 1 1/2 tsps Oregano (dried)
- 1 1/2 tsps Black Pepper
- 1 1/2 tsps Garlic Powder
- 1 1/2 tsps Ground Ginger
- 1 1/2 tsps Cinnamon
- 1 1/2 tsps Nutmeg

Directions

1

Add all the spices to a medium-sized bowl and toss to combine. Store in an airtight jar.

Notes

How To Store: Store in a clean mason jar, or other glass jar, away from heat, with other spices.

Serving Size: One serving equals approximately 1 1/2 teaspoons.

How to Use: Use to season any meat, lentils, tofu or tempeh.



Hormone Balancing Seed Blend

24 servings

10 minutes

Ingredients

- 1 cup Pumpkin Seeds
- 1 1/2 tsps Chia Seeds
- 1/2 cup Hemp Seeds
- 1 cup Whole Flax Seeds

Directions

- 1 Add all ingredients to a food processor or blender and pulse until a fine crumb forms. Do not overmix.
- 2 Transfer to an airtight container.

Notes

How To Use: Use on top of oatmeal, in overnight oats, cereals, yogurt, smoothies, pancakes, energy bites or sprinkle on top of salads.

How To Store: Keep refrigerated or freeze until ready to use.

Serving Size: One serving is about 2 tablespoons of the seed mixture.

No Food Processor?: Use a coffee grinder or personal blender with a milling blade.