

pumpkin pie spice

Makes 5 Tbsp

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PREP TIME: 5 minutes

3 Tbsp ground cinnamon

2 tsp ground ginger

2 tsp ground nutmeg

1 tsp ground allspice

1 tsp ground cloves

NOTE: For an unexpected kick, add a dash of cayenne pepper.

MIX all ingredients thoroughly.

STORE in an air-tight container or an old spice jar with a shaker lid.

USE with fall-themed smoothies, oatmeal/hot cereals, apples with nut butter, coffee, roasted nuts, winter squash or sweet potatoes and popcorn.

