



DESSERTS

Sweet Spice of Life™ Blend

This classic *Eating For Health™* spice adds wonderful aroma and zest to smoothies, fruit, yogurt, and desserts.

YIELD: 2/3 cup

INGREDIENTS

- 1 tablespoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon coriander
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cardamom
- 1/2 teaspoon cloves
- 1/2 teaspoon saffron (if available)
- 1 tablespoon bee pollen (if available)

DIRECTIONS

1. Mix all ingredients together and store in a sealed jar.
2. Spices should be kept in a cool, dark space for no more than 60 days.



NUTRITION GEM

Health Benefits of Allspice, Nutmeg & Bee Pollen

Allspice — Allspice has anti-inflammatory, anti-microbial, and pain-relieving properties that benefit digestion, blood sugar regulation, and menopause symptom relief.

Nutmeg — Nutmeg contains antioxidants and anti-inflammatory compounds that protect against cellular damage and chronic diseases and aid digestion, improve blood circulation, impact on brain health and sleep.

Bee Pollen — Bee pollen, a mixture of flower pollen, nectar, enzymes, honey, and bee secretions, is packed with nutrients and offers a variety of potential health benefit such as immune, heart, brain and liver support, and seasonal allergy relief.