



DINNER

Toasted Latin Spice Blend

The spices for this chili powder blend are toasted to intensify their flavors.

YIELD: About 3/4 cup

INGREDIENTS

- 2 tablespoons cumin seeds
- 2 tablespoons coriander seeds
- 1 tablespoon chili flakes
- 2 teaspoons black peppercorns
- 2 tablespoons sweet paprika
- 2 tablespoons smoked paprika
- 1 teaspoon cinnamon
- 2 teaspoons of oregano
- 2 teaspoons thyme
- 2 teaspoons sea salt
- 1/2 teaspoon allspice

DIRECTIONS

1. Toast cumin and coriander seeds, chili flakes, and black peppercorns in a dry sauté pan over low heat until aromatic. Transfer toasted spices onto a cold plate.
2. Grind spices to a powder using a mortar and pestle or spice grinder.
3. Pour ground spices into a bowl and mix in remaining spices: sweet and smoked paprika, cinnamon, oregano, thyme, sea salt, and allspice.
4. Store in an airtight container in a cool, dark place.



NUTRITION GEM

Health Benefits of Spices

Across time and culture, people have grown and blended local and exotic spices.

Cumin — Cumin has rich antioxidant and anti-inflammatory properties to improve digestion, blood sugar control, heart health, and contribute to weight management.

Coriander — Coriander is the seed of cilantro with antimicrobial and anti-inflammatory properties that lowers blood sugar, aids digestion, and promotes detoxification.

Chili Powder — Chili powder, rich in capsaicin helps lower inflammation, boost metabolism, improve digestion, and potentially aid in weight loss. A good source of vitamins A and C, important for immune function and overall health.