

# Spice Substitutes

## ALLSPICE, CINNAMON, CLOVES, NUTMEG:

2 parts coriander + 1 part cardamom

or 3 parts coriander + 1 part cardamom

## CINNAMON:

2 Tbsp coriander + 2 tsp anise

## CAYENNE PEPPER, CHILI PEPPER:

Paprika, cumin, bell pepper

## GINGER:

Cardamom

## VINEGAR:

Lemon or lime juice

PEPPER (black & white):

1 part dried sweet basil

1 part seasoning salt

2 parts dried red, yellow, orange and purple bell peppers (opt.)

Blend above and store in air-tight container.

*From the kitchen of Melinda Harris*