Kidney Wellness Hub

Currey Spice Blend

Ready in: 5 minutes

Ingredients:

- 2 Tbsp turmeric
- 2 Tbsp ground coriander
- 1 Tbsp of ground cumin
- 2 tsp ground cardamom
- 2 tsp ground ginger
- 2 tsp black pepper
- 1 tsp ground cloves
- 1 tsp cinnamon
- 1 tsp ground nutmeg

Instructions:

- 1. Mix all spices into a jar or bowl.
- 2. Store in an airtight container for use as needed

Tip:

 Use premade spice mix for curries, meat dishes, soups, sauces, salad dressings

