



Caribbean Spice Blend

Prep Time: 5 minutes

Yield: 7 oz container

INGREDIENTS

3 tbsp ground allspice (0.75 oz)

2 tbsp ground nutmeg (0.5 oz)

3 tbsp garlic powder (0.75 oz)

1 tbsp ground cloves (0.25 oz)

1 tbsp ground cinnamon (0.25 oz)

2 tbsp ground ginger (0.5 oz)

DIRECTIONS

1. In a medium bowl, combine all the spices. Stir well to ensure even distribution.
2. Using a funnel, transfer the spice blend into a clean, dry 7 oz jar.
3. Seal the jar tightly and store in a cool, dry place for up to 6 months.



This Caribbean spice blend is great for seasoning meats like chicken, pork, or beef, and can also be used to flavor rice dishes, marinades, or even in baking!