

Sweet Spice Mix

A must for cool mornings. This one works great anywhere you want sweet taste and creates a warming digestive aid. Use generously. I usually grind my own spices, but these 3 don't grind up easy, so I buy them powdered and mix them in a glass shakey jar from Bed Bath and Beyond (99 cents).

2 Tbsp ground cinnamon

2 Tbsp ground ginger

1 Tbsp ground cardamom