

## **Pumpkin Pie Spice**

Serves: 1 | Serving size: 1 teaspoon

Ingredients Needed:

- <sup>1</sup>⁄<sub>2</sub> teaspoon cinnamon
- ¼ teaspoon ginger
- <sup>1</sup>⁄<sub>8</sub> teaspoon nutmeg
- 1/8 teaspoon allspice

Nutrition Facts 1 servings per container Serving size 1 teaspoon (2.5g)	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <sup>0</sup> g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 15mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions:

1. Mix all spices together and use, or store in an airtight container for up to 2 to 3 years.

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