

## Pumpkin Pie Spice

Serves: 1 | Serving size: 1 teaspoon

### Ingredients Needed:

- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ⅛ teaspoon nutmeg
- ⅛ teaspoon allspice

### Directions:

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

### Nutrition Facts

1 servings per container	
<b>Serving size 1 teaspoon (2.5g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>5</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 16mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 15mg	<b>0%</b>
*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.	