

# PS [Pumpkin Spice]: I Love You

## Pumpkin Spice Blend

Perhaps no other flavor profile has been so corrupted as pumpkin spice. As a chemical weapon employed in the construction of spiced coffee drinks it is a volatile combination of creeping synthetic death. As an authentic combination of real, freshly ground spices it is a heartwarming encounter; light and delicate on the palate. It makes the gamut of fall dishes from savory roasted butternut to sweet pumpkin pie. In constructing spice blends, I prefer to use simple ratios. Simply substitute a convenient measure, grams or teaspoons, for the quantity you want. This blend contains cardamom which adds a fragrant sweetness. Cardamom may also be helpful in treating high blood pressure. Cardamom is a good source of powerful antioxidants. Antioxidants have been linked to lower blood pressure. These powerful antioxidants in cardamom may help protect cells from damage and slow down and prevent inflammation, as well.



***Ingredients:***

- 4 parts cinnamon
- 1 part allspice
- 1 part nutmeg
- 1 part ginger
- 1/2 part green cardamom
- 1/2 part clove

***Directions:***

Combine all ground ingredients and mix well. Store in an airtight container.

