

Moroccan Seven Spice Blend

Let's discuss the spices in this blend: Paprika & cumin- these guys make up the savory base of the spice blend. Brown or coconut sugar- brings a subtle sweetness that helps balance out the other flavors. Cinnamon, ginger, cloves- bring the Moroccan flavors to the spice blend. Salt & pepper- essential for bringing all the other flavors to life. Cayenne- bringing the heat!

Moroccan food can be spicy. Feel free to up the cayenne to your taste level



Moroccan Spice Ingredients

- 2 tablespoons brown sugar
- 4 teaspoons paprika
- 4 teaspoons cumin
- 2 teaspoons cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 2 teaspoons pepper
- 1/2 teaspoon cayenne (or more to taste)

Instructions: Stir together all ingredients and store in an airtight container for up to a year.

Use aggressively: 1 tablespoon per 7 oz chicken breast, 0.5 tablespoon per 4 oz salmon fillet, and roughly 2 tablespoons per lb of vegetables. Makes roughly 1/2 cup