



- 3 tablespoons cinnamon
- 1 tablespoon allspice
- 1/2 teaspoon clove powder

Mix the following ingredients in a small bowl, stir well and pour into an empty spice jar. I like to write the increments right on the jar so I can easily mix it up again when it runs out. ■

Uses:

Sprinkle on applesauce, hot cereal, on toast, over pancakes, in herbal tea, yogurt, etc.