



# **Spice Mixes: Your Complete Seasoning Cookbook: How to Mix Herbs And Spices For Amazing Seasonings and Rubs**

*Rose Michaels*

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## **LEARN HOW TO MIX YOUR OWN SPICES TODAY AND ENSURE EACH DISH IS FLAVORFUL AND DELICIOUS EACH AND EVERY TIME**

The Spice Mix Cookbook is your essential guide to the incredible spices of the world—the small spurts of flavor we sprinkle over our foods to bring life and vibrancy into every meal, no matter the occasion. After all, when you have the ability to hand-mix your spices, you're automatically spending less money, ensuring that your spices are completely natural, without additives, and very fresh for added flavor. Furthermore, each spice mixture included in this book is incredibly unique, from all around the world, perfect for gifts, and very easy to store for months at a time. This means you'll never have to buy another store bought spice mixture again. This book comprehends the greater history of spices, as well, and their utilization for medicinal purposes—blasting out everything from the plague to bad joint pain, even today. These spice mixtures ensure easy, healthy lifestyles and brilliant flavor for each meal. Furthermore, this book yields step-by-step understanding of how to dry the herbs and store the spice mixtures for greater longevity. If you're looking for a coffee grinder or a spice grinder to grind your spices, this book brings essential recommendations for ease of your purchase. Dive into the global world of spices with the following spice recipe book. Rove around the world with South American, African, Indian, American, and European spices, and pair spices with pork, chicken, fish, salads, and everything in between. Have fun in the kitchen with these essential spices—and remember that every sprinkle sends a burst of longevity into your body, decreases your risk of developing diseases, and brings an overall sense of calm to your cells. Strange that a simple dinner could do that, no? But when you take maximum hold of your health with this incredible dietary staple, you can make serious changes. Just to say Thank you for checking out this book I would like to give you a FREE report - Weight Loss Metabolism Secrets: Discover the Secrets to Firing Up Your Metabolism to Achieve Lasting, Natural Weight Loss. Go to [weightloss-tips.ca](http://weightloss-tips.ca) to grab your free copy now!

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