

TRADITIONAL GARAM MASALA

"The most important seasoning for an Indian chef. Ayurveda also describes garam masala as: a digestive for heavy foods, booster of immunity, lowers blood sugar levels, promotes weight loss, natural cancer preventative, and an overall health booster."

HOW TO ADD GARAM MASALA SPICEBLEND TO YOUR MEALS:



1



Any curry or baked dish (V + NV).
Just before serving add a few pinches,
cover and let the flavor mix in your curry.

2



All common egg dishes.
Just sprinkle and enjoy your
egg dishes in a new flavor.

3



Use in savoury muffins or breads.
While proofing, or mix in milk
or butter and brush once baked.

4



Add to dips for zest.
Especially good in sour cream
& onion, hummus, and
tahini dips.

5



**Use in your lamb
or chicken dishes**
as a final ingredient.

6



Sprinkle into your coffee
It will taste fresher and spicy,
giving that divine smell of
garam masala coffee.

7



**Sprinkle some
onto your pop-
corn post-butter**