



VEGAN FOODIEZ

Spices & Herbs Checklist

Spices

- Turmeric
- Ginger
- Cayenne/Chili Flakes
- Black Pepper
- Smoked Paprika
- Mustard Seeds
- Coriander Seeds
- Cumin
- Cardamom
- Cloves
- Ceylon Cinnamon

Spice Blends

- Curry Powder
- Garam Masala
- Taco Seasoning

Herbs

- Basil
- Oregano
- Sage
- Rosemary
- Bay Leaf