



5-Spices Mix

2'
Hands on

-
Portion(s)

1
Difficulty



Method

- Combine all of the ingredients. Add them to a food processor and pulse until finely ground.
- Store in a jar at room temperature.

Ingredients

- 40 g star anises
- 1 teaspoon(s) pepper
- 1/2 teaspoon(s) cinnamon
- 1/2 teaspoon(s) cloves
- 1 teaspoon(s) fennel seeds

Διατροφικός πίνακας

Nutrition information per portion

40 Calories (kcal)	1.3 Total Fat (g)	0.2 Saturated Fat (g)	4.1 Total Carbs (g)
2%	2%	1%	2%
0.0 Sugars (g)	1.4 Protein (g)	3.3 Fibre (g)	0.0 Sodium (g)
0%	3%	13%	0%