

FRAGRANT SWEET SPICES 30g



Price: \$5.35

SKU: SKU36268

Product Categories: [Herbs & Spices](#), [Blends without Chilli](#), [Salt Free Blends](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

Product Tags: [f](#), [Herbies Favourites](#)

Product Page:

<http://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/fragrant-sweet-spices-30g>

Product Summary

With Rose Petals: An exotic blend of sweet spices to flavour cakes. (SML PKT)

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Contains: Coriander Seed, Cassia, Cinnamon Quills, Nutmeg, Allspice, Ginger, Poppy seeds, Cloves, Cardamom and Rose Petals.

Description & Use: This Sweet Mixed Spice is a blend of spices that are generally used in sweet dishes such as fruit cakes, shortbread biscuits, fruit pies and most sweet, baked items. Herbie's grandchildren love Fragrant Sweet Spices in porridge, and when Herbie makes pancakes for them, he puts a couple of teaspoons in the pancake batter!

FRAGRANT BERRIES (an easy dessert)

Ingredients:

1 cup water

½ cup caster sugar

2 teaspoons Fragrant Sweet Spices

1 x 300g pack frozen raspberries (or berry of choice, or a mixture)

Thick cream or natural yoghurt, to serve

Method:

Heat sugar and water in a small saucepan, stirring until sugar has dissolved.

Simmer, uncovered, for 5 minutes, then remove from heat, and allow to cool before stirring in spice mix.

Keep in the refrigerator (this does not freeze solid due to the sugar syrup).

Serving:

Place thawed berries in a bowl, pour cooled syrup over and refrigerate.

Serve with whipped cream or yoghurt.

These berries can also be served with pancakes, or as a Pavlova filling or cheesecake topping.

Nutritional Information: (Spice blend only)

Per 100g

Energy (kj)

1482.19

Protein (g)

9.71

Fat (g) Total

15.18

Fat (g) Saturated

2.52

Carbohydrate (g)

37.07

Sugars (g)

6.30

Sodium (mg)

25.16

Product Attributes

- Weight: 0.03 kg