

Chai Spice Mix

From: Lee Hersh, via fit foodie.com

Yield: 18 Servings

Prep: 5 minutes

Ingredients:

2 tsp ground cardamom
2 tsp ground allspice
2 tsp ground nutmeg
4 tsp ground cinnamon
2 tsp ground cloves
6 tsp ground ginger

Instructions:

Mix all ingredients together. Store in a small spice container.

You can adjust spices to taste.

Chai seasoning can be added to your favorite black tea, coffee or used in an iced beverage. It is recommended to start with 1 tsp per 8 oz of liquid, but can be adjusted to taste.

It can also be used on oatmeal, in pancakes, smoothies, cookies and cakes. Try it in buttercream frosting or serve with vanilla ice cream for a simple dessert!



TASTE TEST

October 2025



Allspice comes from dried, unripe berries from the *Pimenta dioica* tree, native to the Caribbean and Central America. The green berries are harvested and dried in the sun. They then turn brown, resembling large peppercorns.

It is called “allspice” because its flavor combines notes of cinnamon, cloves, nutmeg, and a bit of black pepper. It is most commonly used to season pumpkin and other sweet and savory dishes.

FUN FACTS

Allspice was used in magic for attracting luck, money, and happiness. It was also used for protection, courage, and energy. It was believed to break spells and clear bad energy.



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Applesauce Muffins

From: Insanely Good Recipes

Yields: 12 servings

Prep and Cook Time: 30 minutes

Preheat Oven: 350 °F

Ingredients:

1 1/2 C unsweetened applesauce
1/2 C vegetable oil
1/2 C brown sugar
1/4 C white sugar
1 tsp vanilla extract
2 large eggs, room temperature
2 C all-purpose flour
1/2 tsp salt
1/2 tsp baking soda
1 tsp baking powder
1 tsp cinnamon
1 tsp allspice
1/2 tsp nutmeg
1/4 tsp ground cloves
1C chopped walnuts (optional)
Cinnamon sugar (optional)

Instructions:

Prep a muffin tin with liners. In a large bowl, whisk applesauce, oil, brown sugar, white sugar, vanilla, and eggs until smooth.

In a separate bowl, whisk flour, salt, baking soda, cinnamon, allspice, nutmeg and cloves.

Combine wet and dry ingredients. Add walnuts, if desired. Portion equally into muffin tin.

Bake for 20-25 minutes, or until a toothpick comes out clean. If using, sprinkle with cinnamon sugar as soon as they come out of the oven. Let them cool in the pan for 5 minutes, then transfer them onto a wire rack.

Serve and enjoy!

Cincinnati Chili

From: Luke Kitchen, via Pinterest

Yields: 6 servings

Prep and Cook Time: 1 hour and 15 minutes

Ingredients:

2 lbs ground beef
1 medium onion, finely chopped
4 cloves garlic, minced
2 C beef broth
15 oz tomato sauce
3 TB chili powder
1 TB cumin
1 tsp cinnamon
1/2 tsp allspice
1 oz dark chocolate
Chopped green pepper (for serving)
Diced onions (for serving)
Fresh cilantro or parsley (for serving)

Instructions:

Brown the beef. Drain excess fat if necessary

Stir in the chopped onion and minced garlic. Cook 5 minutes.

Mix in the tomato sauce, beef broth, chili powder, cumin, cinnamon, allspice, and dark chocolate. Bring to a simmer. Reduce to low and cook 45 minutes. Stirring occasionally.

Adjust spices to taste. Garnish with green pepper, onion and parsley. Serve over noodles or rice if you desire.

