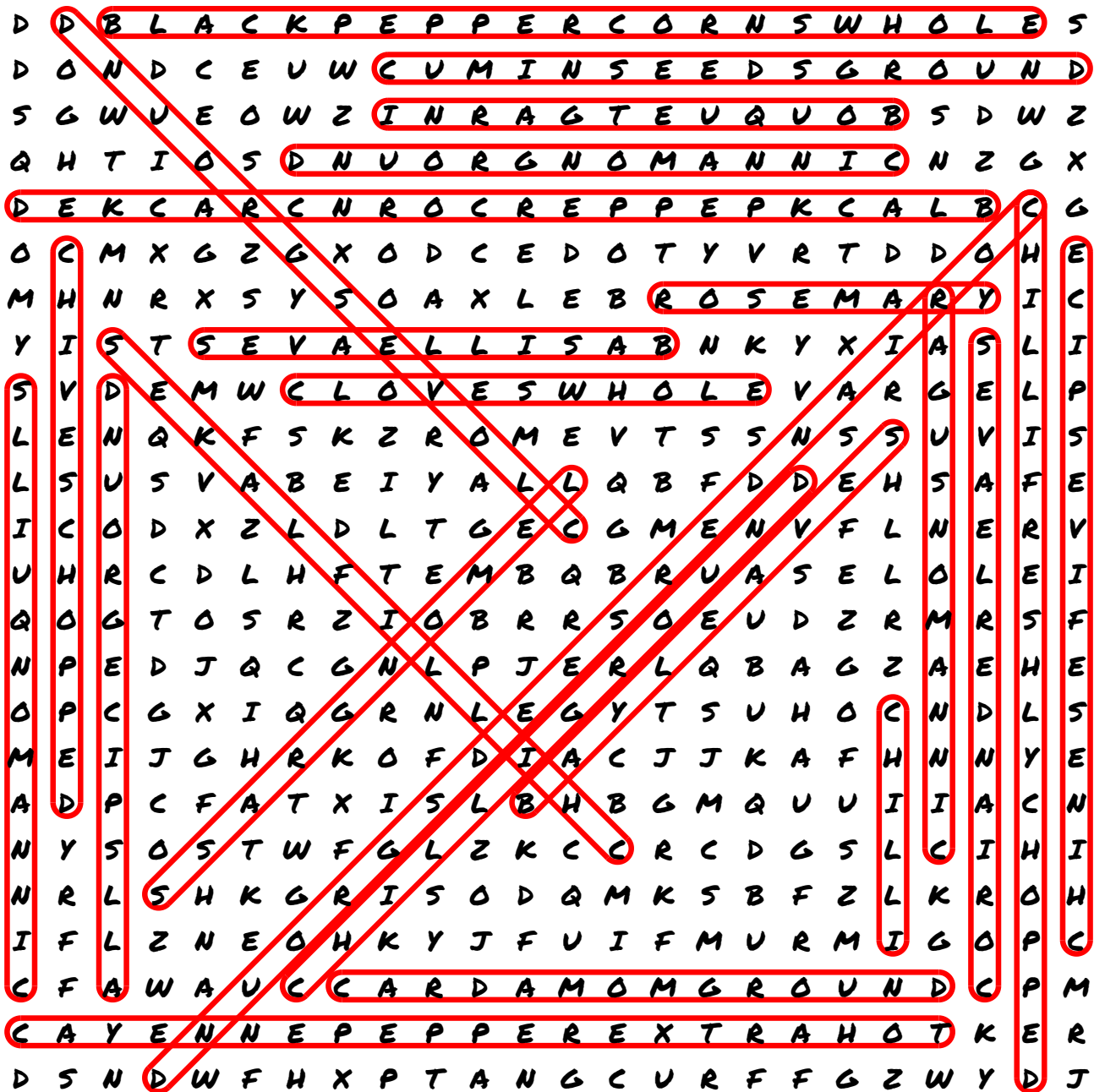


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# HERBS AND SPICES



CAYENNE PEPPER EXTRA HOT  
 CORIANDER SEEDS GROUND  
 CHINESE FIVE SPICE  
 CINNAMON GROUND  
 CINNAMON SUGAR  
 CHILLI GROUND  
 CLOVES WHOLE  
 LEMONGRASS

BLACK PEPPERCORN CRACKED  
 CHILLI FRESHLY CHOPPED  
 CORIANDER LEAVES  
 CARDAMOM GROUND  
 CHIVES CHOPPED  
 CHILLI FLAKES  
 BASIL LEAVES  
 ROSEMARY

BLACK PEPPERCORNS WHOLE  
 CUMIN SEEDS GROUND  
 CINNAMON QUILLS  
 ALLSPICE GROUND  
 CLOVES GROUND  
 BOUQUET GARNI  
 BAY LEAVES  
 CHILLI