

# Girl Appetit



@GIRLAPPETIT

## 28 MUST HAVE SPICES AND HERBS

Learn about the different types of spices and herbs that can elevate any recipe you make. From the basics to more aromatic and bold in flavor.

## MASTER LIST

- dry oregano
- dry basil
- dry rosemary
- dry thyme
- dry sage
- dry chopped onion
- garlic powder
- no-salt seasoning
- The New Primal Classic Buffalo Seasoning
- The New Primal All Purpose Seasoning
- The New Primal Citrus Seasoning
- The New Primal Classic BBQ Seasoning
- fennel seeds
- ginger root powder
- ground mustard seed powder
- cumin
- smoked paprika
- chili flakes
- cinnamon
- nutmeg
- pumpkin spice
- coriander
- chili powder
- Indian curry powder
- turmeric powder
- garam masala

## RECIPES YOU'LL LOVE

[Buffalo Chicken Wings](#)

[Dairy Free Buffalo Chicken Dip](#)

[Pineapple Teriyaki Chicken Burgers](#)

[Ground Pork Eggrolls](#)

[Curried Lentil Stew](#)

[Immune Boosting Chicken Orzo Soup](#)