



A few suggestions for using these nourishing blends...

- For mouth-watering spicy homemade fries, add Bombay Masala and a bit of oil to carrots, potatoes and yams before roasting in the oven.
- Maharani Masala shines when paired with cauliflower, Brussels sprouts, kale and other green vegetables. Roast or sauté them!
- Mix spices with oil to make a spice rub or a marinade for meats, fish and poultry. Roasted Cumin is a must for lamb, while Bombay Masala does wonders with poultry. Garam Masala offers a robust flavor that suits many dishes.
- Sprinkle Bombay Masala on eggs and breakfast potatoes. Also delicious with fresh avocado.
- Combine Roasted Cumin with yogurt or sour cream, then add some chopped cucumber to make a refreshing salad.
- Use Garam Masala in traditional Indian cuisine, when making biryani, lentils and curry dishes.
- Aromatic Chai blend can be added to coffee, French toast, casseroles, muffins, yogurt and, of course, to tea.



Bina Mehta's Spice Collection

Delectable spice blends
for Ayurvedic balance,
health & well-being.



PROUDLY CREATED IN FORT COLLINS, COLORADO

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BOMBAY MASALA

Ingredients: Paprika, chili pepper, coriander, amchur (mango), black salt, himalayan salt, cumin, ginger, black pepper, ajwain (carom), cardamom, cinnamon, cloves, allspice, mace, nutmeg.



MAHARANI MASALA

Ingredients: Fennel, coriander, amchur (mango), black salt, turmeric, chili pepper, ginger, ajwain (carom), curry leaf.



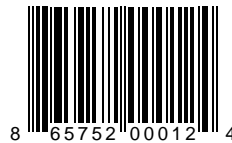
GARAM MASALA

Ingredients: Coriander, cumin, black pepper, cardamom, ginger, cinnamon, cloves, allspice, mace, nutmeg.



ROASTED CUMIN

Ingredients: Cumin.



AROMATIC CHAI

Ingredients: Cardamom, black pepper, cinnamon, ginger, cloves, nutmeg, saffron, mace.



UNIT DIMENSIONS
1.9"L X 1.9"W X 4.25"H

CASE DIMENSIONS
8"L X 6"W X 5"H

CASE COUNT
12 UNITS PER CASE

CASE WEIGHT
5.3LB / 2.4KG

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