

OUR GOAL

Empower **YOU** to easily prepare authentic **INDIAN CUISINE** in your own home

HOW IT WORKS

WE provide traditional, easy-to-follow ethnic recipes, and pre-measured premium organic spices imported from India.

YOU add your own fresh ingredients to make delicious Indian meals

OUR VALUES

SHARE culinary experiences with family and friends

SUPPORT charities, local businesses and farmers

SUSTAINably prepare healthy meals without waste

OUR COMMITMENT

For every recipe pack purchased, donate one meal to those facing hunger across America.



**Pre-measured Spices
to make Authentic
Indian Cuisine**



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Introduction to Ethnic Spices



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Cinnamon



Cinnamon is an aromatic spice made from the peeled, dried, and rolled bark of a Southeast Asian tree. It is used extensively in North Indian cuisine. Cinnamon is high in cinnamaldehyde, which is thought to be responsible for most of cinnamon's health benefits. It is loaded with antioxidants that have anti-inflammatory effects (Source: www.healthline.com)

Buy Flavor Temptations recipe pack
Hand-pick fresh produce from your local grocer
Indulge in authentic and memorable
culinary experience.

Coriander Seeds



Coriander seeds are yellowish-brown in color with longitudinal ridges. Use of Coriander can be traced back to 5,000 BC, making it one of the world's oldest spices. The seeds contain linoleic acid that also has pain relieving properties to diminish irritation. In Ayurveda, it is often recommended for stomach related ailments (Source: food.ndtv.com)

To learn more about
many other ethnic spices



Visit www.FlavorTemptations.com



Mustard Seeds

There are 3 major types of Mustard seeds: black mustard (*Brassica nigra*), white mustard (*Brassica alba*) and brown mustard (*Brassica juncea*). Black mustard seeds are commonly used in Indian cooking. Mustard seeds are a good source of omega-3 fatty acids, manganese and magnesium. Mustard seeds are known to assist in promoting healthy blood circulation (Source: foodfacts.mercola.com)

Flavor Temptations recipe packs contain authentic Organic spices and time tested recipes to help you prepare and enjoy a healthy Indian cuisine

Cloves



Cloves are the aromatic flower buds of a tree in the family Myrtaceae, *Syzygium aromaticum*. They are native to the Maluku Islands in Indonesia, and are commonly used as a spice. Our parents used to chew on cloves as a breath freshener.

Cumin Seeds



Native to the Mediterranean, Cumin is hotter to the taste, lighter in color. It is used in almost all Indian cuisine, where Cumin is usually toasted in hot oil to release its flavor. Cumin is an excellent source of dietary fiber and vitamins A, E, B and C. (Source: articles.mercola.com)

Turmeric Powder



Turmeric is a bright yellow aromatic powder obtained from the rhizome of a plant of the ginger family and used extensively in Indian cooking. Long known for its anti-inflammatory properties, recent research has discovered many medicinal benefits (Source: www.healthline.com)