

Allspice Powder / Ginger Powder / True Ceylon Cinnamon

Sausage, Sweet Potato and Apple Bake



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FEATURING
OUR: ALLSPICE POWDER

This is one of my favorite fall-time casseroles. I don't think anything goes so well together as do sweet potatoes, sausage and apples. Spiced just right with Allspice, Ginger, and True Cinnamon, this dish is perfect to serve for dinner, lunch or breakfast. Serve it hot with buttermilk biscuits. Delicious!

Ingredients :

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| 1 lb. bulk sausage, cooked, drained and crumbled into small pieces | 2 Tblspns flour |
| 2 large raw sweet potatoes, peeled and sliced | 1 tsp True Cinnamon |
| 3 medium apples, peeled and sliced | 1/2 tsp Ginger powder |
| 4 Tblspns light brown sugar | 1/4 tsp Allspice |
| | 1/4 tsp salt |
| | 1 cup water |

Directions: Preheat the oven to 350 degrees and spray (with cooking spray) a 9x9 inch baking pan. Layer the sweet potatoes, sausage and apples in the prepared baking dish. In a small bowl, make a sauce by combining the brown sugar, flour, spices, salt and water. Pour this sauce over the sweet potatoes, sausage and apples in the baking pan. Cover the pan and bake for 75 minutes, or until the sweet potatoes are tender.

Crystallized Ginger / True Ceylon Cinnamon / Nutmeg /

Gingered Cranberry Apricot Muffins



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FEATURING
OUR: CRYSTALLIZED GINGER

Cranberries and Apricots - delightfully delicious fruits that pair perfectly with Crystallized Ginger, True Cinnamon, and a hint of almond flavor. This recipe is for a moist and flavorful muffin that is perfect for breakfast or for a snack. It's easy to prepare and oh-so-good!

Ingredients :

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| 2 cups flour | 1 egg |
| 2/3 cup sugar | 4 Tblspns canola oil |
| 1 tsp baking soda | 4 Tblspns melted butter |
| 1/2 tsp salt | 1 cup buttermilk |
| 1/3 cup Crystallized Ginger, finely chopped | 1 tsp almond extract |
| 1 tsp True Cinnamon | 3/4 cup Apricot Preserves |
| 1/2 tsp Nutmeg | 3/4 cup (dried or fresh, chopped) Cranberries |

Directions: Preheat oven to 350 degrees. Lightly spray a 12 cup muffin tin pan with cooking spray. In a medium bowl, combine the flour, sugar, baking soda, salt, True Cinnamon, Nutmeg, and Ginger. In a separate bowl, mix together the butter, oil, buttermilk, egg, and extract. Pour the wet ingredients into the flour mixture and stir until just blended (do not overmix). Fold in the cranberries and the apricot preserves. Spoon the muffin batter into the prepared muffin tins. Bake the muffins in the preheated oven for 15 minutes or until the muffin tops are lightly golden.