

MINNESOTA NICE SPICE

WE'RE NO RUN-OF-THE-MILL SPICE COMPANY, we're Minnesota Nice Spice, a small local company with roots that reach around the corner and around the world to source the most flavorful organically-grown ingredients for our hand-blended, globally inspired, locally made organic seasoning blends.



MEET DEBB & LUCY

DEBB A self-proclaimed spice gypsy, Debb created Minnesota Nice Spice and all the seasoning blends. Each blend reflects Debb's well-traveled palate, recipe wizardry, commitment to organic, and wisdom of the healing properties of herbs and spices. Most importantly, Debb fulfills her mission to support the Interact Center, an organization that helps artists with disabilities, with donations from a portion of Minnesota Nice Spice's profits.

LUCY Lucy is Debb's very special and amazingly talented sister, who also happens to be Debb's spice muse and the inspiration for Lucy's Pub Blend. A talented visual artist, Lucy spends her days at the Interact Center For Artists With Disabilities where she delights everyone with her beautiful artwork and sparkling personality.

CORPORATE GIFTS, FUNDRAISING & WHOLESALE



Minnesota Nice Spice offers wonderful opportunities to **buy & give local** when it comes to Corporate Gifts. We also offer Fundraising Programs with wholesale discounts, as well as, special Wholesale Pricing to make it easy and profitable to feature Minnesota Nice Spice Seasoning Blends in your market, specialty shop, co-op, or CSA.

Contact us to learn more about how we can help your company make a lasting impression with our **healthy, organic locally crafted seasoning blends while helping artists with disabilities.**

WE'RE NOT ONLY NICE, WE'RE GREEN TOO!

At Minnesota Nice Spice, we're always looking for ways to reduce our carbon footprint. That's why we choose biodegradable and recyclable packaging, work with local suppliers, and batch orders to conserve energy.

Learn more about why we're so keen on green at www.mnnicespice.com

LET'S STAY CONNECTED

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Scan the QR code with your smartphone to access our website.



MINNESOTA
nice  **spice**

body + soul + planet friendly

ORGANIC SEASONING BLENDS
THAT HELP ARTISTS WITH DISABILITIES



A small local company from Minnesota with a big heart and an unwavering commitment to crafting unique spice blends, sourcing organically-grown herbs and spices, and supporting artists with disabilities.

www.mnnicespice.com

OUR SPICE IS NICE!



OUR SPICE BLENDS

Meet our 17 signature spice blends that we handcraft with secret recipes and the highest-quality ingredients available, including certified organically grown herbs and spices.

GOOD & GOOD FOR YOU

With natural antioxidant properties and the goodness of organic growing practices in every jar, our spice blends add a dash of wellness to every dish. Plus, they're gluten-free, vegetarian (vegan, in most cases), convenient, and versatile.

No more collecting 4, 5, 6, or 7 spice jars from your pantry for every recipe. With Minnesota Nice Spice Blends, you can add layers of flavor to all your favorite dishes from one single jar.

TRY US, YOU'LL LIKE US!

Here's one of our favorite recipes for Totally Tasty Tacos made in less than 20 minutes with our Totally Taco Organic Seasoning Blend.

"MEXELLENT" TACOS • Serves 4

1 Tbs. vegetable oil
1 lb. ground beef, turkey, or chicken
3 Tbs. Totally Taco Seasoning Blend
1/2 cup water or tomato sauce

- Heat oil in a sauté pan over medium heat. Add meat and cook 8 to 10 minutes, until browned and cooked through.
- Stir in Totally Taco Seasoning Blend, water or tomato sauce, and cook 5 minutes.
- Serve with soft tortillas or taco shells and your favorite taco toppings.



OUR SENSATIONAL 17 SEASONING BLENDS

SINGLE BOTTLES • 3, 5 OR 8 BOTTLE COMBO SETS • GORGEOUS GIFT BOXES



SAVORY ESSENCE

An indispensable blend of 16 essential herbs & spices.

- Mix with roasted red peppers, sour cream, and buttermilk for a zippy dressing.
- Add "soul" to soups, stews, and roasted vegetables and meats.



LUCY'S PUB BLEND

A zesty dash of sea salt, celery seed, black pepper, garlic, lemon, and paprika.

- Add to Bloody Mary mixes and use to rim drink glasses.
- Mix into burgers; sprinkle on pork chops and steaks.



MEDITERRANEAN MATE

A blend of sea salt, lemon, garlic, oregano, and spearmint.

- Use as a rub for grilled lamb chops; sprinkle on gyros.
- Mix with olive oil, parmesan, and lemon for bread dipping oil.



10,000 LAKES NO-SALT BLEND

A flavorful and healthful blend of garlic, peppers, lemon zest, herbs, and spices.

- All-purpose seasoning adds rich flavor to soups and stews.
- Mix with pureed white beans, dollop of yogurt, and fresh lemon for a protein-rich, figure-friendly dip.



TOTALLY TACO

A south-of-the-border blend of onion, chili powder, garlic, cumin, coriander, paprika, and oregano.

- Give ground beef, pork, or chicken tacos a "taste-lift."
- Mix with sour cream and salsa and top with roasted corn, tomatoes and avocados for an easy chip dip.



ISLAND SPICE DESSERT BLEND

Our warm, cozy blend of cinnamon, nutmeg, clove, allspice, ginger, and cardamom.

- Spice up harvest-inspired pies, tarts, crisps, and crumbles.
- Discover your new go-to spice for the world's best pumpkin pie and pastries.
- Sprinkle in yogurt, smoothies, oatmeal, and chai tea.



PEACE OUT CARIBBEAN

A burst of island flavor featuring orange zest, allspice, cinnamon, and cayenne pepper.

- Mix equal parts olive oil and orange juice with Peace Out Caribbean Spice Blend for a chicken wing marinade.
- Add island love to tuna salad, deviled eggs, and cottage cheese.



SUNNY CITRUS SALT

A vibrant blend of sea salt, lemon, orange, and lime zest.

- Toss veggies with Sunny Citrus Salt, olive oil, and balsamic vinegar before roasting.
- Use to rim Margarita, Bloody Mary, and Greyhound drink glasses.



TWIN CITIES GRUB RUB

Sweet-n-smoky blend with paprika, coriander, orange zest, cumin, cayenne pepper, and brown sugar.

- Use as a rub for chicken, pork chops, brisket, and beef or pork ribs.
- Whisk into your favorite BBQ sauce recipe.



BIG EASY LOUISI CAJUN

A spellbinding blend of cayenne pepper, garlic, paprika, and classic Cajun herbs and spices.

- Spice up turkey burgers or grilled chicken; use as a rub for blackened catfish or shrimp for a taste of the Bayou.
- Add to your favorite recipe for gumbo, jambalaya, or sausage, red beans, and rice.



SANOOK THAI SPICE

Our mildly spiced blend of lemongrass, peppers, and herbs.

- Add to chicken or beef satay recipes for a "Thai-mly" entree.
- Add 1 to 2 Tbs. to jasmine rice and water before cooking for a fragrant, perfumed side dish.
- Mix with ginger, garlic, and coconut milk for flavorful curry base.



COMFORT ZONE MULLING SPICE

An aromatic blend of mulling spices, including cinnamon, allspice, and clove.

- Mulled Wine or Cider: Place 3 Tbs. spice blend in cheesecloth and tie to secure. Add wine or cider and fresh orange slices, and simmer 30 minutes.



JAMMIN' JERK SPICE

Sweet meets heat combination of paprika, garlic, cinnamon, clove, thyme, and just the right amount of peppers.

- Give chicken, pork, and seafood island-inspired flavor.
- Sprinkle on sweet potato fries and roasted squash.



GREAT LAKES GARLIC & HERB

Perfect low-salt finishing touch for veggies, eggs, potatoes, and pizza.

- Perfect low-salt finishing touch for veggies, eggs, potatoes, and pizza.
- Irresistible mixed with butter for the ultimate garlic bread spread.



LAKE SUPERIOR INSTANT SALSA SPICE MIX

Muy delicioso blend of onion, garlic, chili powder, coriander, lemon Peel, vinegar Powder, cumin, cayenne pepper, and oregano.

- Mix 3 Tbsp. of our Instant Salsa Spice Blend with 14 oz. diced tomatoes and serve with chips or atop your favorite taco or burrito.



MILL CITY SPICY PEPPER BLEND

Fiery blend of black pepper, sea salt, paprika, garlic powder, chili, onion, lemon peel, parsley, and cayenne pepper.

- Peps up steaks, chops, fish, seafood and burgers.
- Adds panache to marinades, veggies, and Bloody Marys—for a spicy kiss of flavor with every sip!



ST. CROIX CURRY

Global blend of coriander, cumin, sea salt, turmeric, fenugreek, black pepper, mustard, cinnamon, ginger, fennel, nutmeg, clove, cardamom, cayenne pepper.

- Add the rich flavor of curry to chicken, seafood, rice pilaf, yogurt dip, and roasted veggies.
- Discover our secret ingredient for the most amazing deviled eggs and egg salad.