~~$9.99~~ FREE

# Guide to Spices for Grinding

GOURMET GREEN

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**Pink Peppercorns** are not actually a pepper. Has a fragile, fruity and peppery taste. Hotness Scale: 1
**Black Peppercorn**s are very pungent and fiery. Hotness Scale: 8
**White Peppercorns** are milder and less pungent. Hotness Scale: 7
**Green Peppercorns** originated in France and are much milder with a cleaner, fresher flavor. Hotness Scale: 3

**Himalayan Pink Salt** is sustainably harvested from Pakistan. It has 84 minerals and lower sodium than other types.

**Fleur de Sel**: Sometimes known as the "caviar of salts,". True fleur de sel comes from a specific region in France and is harvested in traditional Celtic methods.

**Hawaiian Salt** contains small amounts of charcoal, which creates the black color and unique flavor.

Yellow **Mustard Seeds** (also called white) are the mildest, while brown and black seeds much hotter and more pungent.

**Cider Whole Spice Mix**: cassia cinnamon bark chips, allspice, cloves, cassia buds, cardamom, dried citrus and mace. Try grinding onto pork or even ice cream.

**Cacao nibs** are cacao beans that have been cleaned, roasted and lightly crushed. They have a pleasantly bittersweet chocolatey taste and the toasted, crunchy feeling of roasted nuts.

**Flax seeds** contain fiber and Omega-3 essential fatty acids which are shown to have heart-healthy effects. Since many of these benefits fade quickly after grinding, fresh ground flax is best.

Disclaimer: Gourmet Green Spice Grinders have a ceramic grinding mechanism that ideally grinds dry spices with a diameter of 4 mm. Spices, like those above, that are bigger, smaller, too wet or too hard can potentially shorten the life of your grinder.