



Community SPICE LIBRARY

PITTSBURG · FRONTENAC

September – Nutmeg

Nutmeg Granola

Ingredients:

- 3 cups rolled oats
- ¼ cup honey or maple syrup
- ½ tsp ground nutmeg
- ¼ cup coconut oil or butter (melted)
- ½ tsp cinnamon (optional)
- Pinch of salt

Instructions:

Preheat oven to 325°F. In a large bowl, mix oats, nutmeg, cinnamon, and salt. Stir in honey and melted coconut oil until oats are evenly coated. Spread an even layer of the mixture on a baking sheet and bake for 20–25 minutes, stirring halfway through until golden and fragrant. Let cool completely before storing. A perfect snack on its own, or serve over your favorite yogurt, smoothie, or with milk! Pair with cinnamon apples for a warm and spicy fall vibe. Try adding nuts, dried fruit, or chocolate chips to your mix after baking!



September - Nutmeg

Nutmeg has a warm, sweet, and nutty flavor with subtle notes of clove, pine, and mild pepper. It balances a gentle bitter edge with rich, aromatic depth, making it powerful in small amounts.

- The word "nutmeg" comes from the Latin "nux muscata," meaning "musky nut," but don't let the name fool you: Nutmeg isn't actually a nut, it is a seed!
- Both nutmeg and mace come from the same fruit on the tropical evergreen tree. Nutmeg is the inner hard seed found at the center of the fruit, while mace is from the bright red, web-like coating that wraps around the seed.
- Historically, grated nutmeg was used as a sachet, and the Romans used it as incense. Around 1600, it became an important and expensive commercial spice in the Western world.

What is the Spice Library?

Stop by Pittsburg Public Library or Frontenac Public Library each month to pick up the Spice of the Month, along with a specially curated recipe by Heather Horton, chef and owner of TOAST. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at your library, with one per family per month, while supplies last.

Special thanks to Heather Horton and our friends at TOAST Restaurant!

