

**THE MIRACLE OF SPICES: PRACTICAL TIPS FOR
HEALTH, HOME AND BEAUTY**

Rebecca Melito

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The Miracle of Spices: Practical Tips for Healh & Home

The Miracle of Spices is a comprehensive guide that offers a wealth of information and ingenious practical tips on the many health, beauty and culinary benefits.

Miracle of Spices by Penny Stanway | Penguin Random House Canada

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Stuff the chosen herb or spice into the bottle. Refill the bottle with as much of the reserved oil as possible, then put the top back on the bottle and refrigerate it.

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