

7 Ways to Treat Yourself with Turmeric

Turmeric continues to be “everywhere” as more benefits and uses are discovered. India’s “spice of life” is fast becoming known as a miracle spice with countless wellness applications and its’ ability to add a small kick of flavor to a variety of dishes. If you’ve been hearing more about the enormous benefits of turmeric but not sure how to include it into your routine, here are some suggestions on ways to include it into everyday dishes.



1. Add to Your Eggs. Adding a dash of turmeric to scrambled eggs dishes, frittatas, quiches or tofu is a great way to incorporate the subtle, peppery flavors of turmeric into your breakfast or brunch fare. A sprinkle or two directly into the eggs prior to cooking or as a finishing dash will give a nice kick of spice.

2. Try in Soups. Turmeric adds interest to vegetable soups and chicken-centric broths. Sprinkle some directly into the soup as it’s

simmering to concentrate the essence of the spice throughout the whole dish or add it as a finishing garnish prior to serving to impart Turmeric’s wonderful, warm flavor.

- 3. Blend into a Smoothie.** Smoothies are no longer limited to the fruit/yogurt/orange juice medley! Make yourself a power smoothie that nourishes and detoxifies using a blend of kale, almond butter, bananas, coconut milk and a teaspoon of turmeric. Yummy and energizing!
- 4. Rice it Up.** Turmeric is a natural flavor perk to rice, rendering otherwise bland dishes exciting and colorful with the spice pick-me-up. Shake a little ground turmeric on white rice to add color and life or add some smoky background notes to a rice pilaf.
- 5. Spice Up Greens.** Intensify the peppery essence of arugula with a little freshly ground turmeric. or sauté some collard greens, kale or spinach in a little light olive oil and added turmeric to taste for a new magnificent obsession of antioxidants.
- 6. Toss onto Veggies.** When it comes to making vegetables something to write home about, root veggies have no greater friend than turmeric. Adding some turmeric and olive oil to potatoes, carrots, parsnips or cauliflower will bring your side dish game up a few notches while intensifying their natural goodness.

- 7. Make a Transcendental Tea.** Want a warm, soothing beverage of incredible flavor packed with tons of healing properties? Try the recipe known as “Golden Milk”: Honey, Vanilla, Coconut milk and turmeric. It’s sure to banish what ails you on a cold, wintery night.

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