

WELLNESS

TIP OF THE WEEK:

turmeric



If you're not familiar with turmeric, then let me get you caught up because I think it's a spice that deserves more recognition than it's given!

- Contains vitamin B3, calcium, phosphorus, potassium, magnesium, copper, iron, and zinc.
- It's a powerful antioxidant that fights off free radicals in the body that lead to inflammation (aka anti-inflammatory, as well).
- It's also antibacterial and aids in your immunity by enhancing the health of the liver. Plus, is known to enhance memory by boosting oxygen intake to the brain!
- Taste-wise: expect a little zing like fresh ginger, but it leaves a nutty & smooth finish.
- BONUS FACTS: It brightens skin and gives it a glow, can be used (with coconut oil) to help with dandruff, treat minor cuts & scrapes, and whiten teeth.

See. I told you it deserves a little more attention!

How to use it:

FRESH:

- **In a "better than basic" green smoothie.** <--If you missed my very first newsletter where I shared this smoothie recipe, this is a GREAT option to add some fresh turmeric to.
- **Steep in a tea.** Whether you want to solely boil it in water (with sweetener of choice), or add to your favourite loose-leaf or bagged tea, it will help with sore or scratchy throats, and fight off any bugs, in general, thanks to its antiseptic properties.

POWDERED/DRIED:

- **Add colour to Indian dishes.** Grab the canned coconut milk and make a heart-warming curry dish.
- **Make a tofu scramble.** I always colour my tofu scramble with turmeric powder (~1/2 tsp per one block of tofu), and also spice with: garlic powder and a little cumin. Then pile in the veggies: spinach, bell pepper, onion, mushrooms!
- **Make turmeric milk.** I've seen this a lot lately and it looks DELICIOUS! Let's make it this week!