



Which of these healing spices are in your pantry?

Savory and sweet spices have been used for centuries worldwide not only to season food, but to heal the body. It's quite remarkable that the spices that make food taste so delicious are also nature's remedies. From anti-inflammatory properties to digestive aids and immune boosters, spices are a natural and tasty way to enhance your health. Here are just a few examples of everyday spices that can enhance your well-being beyond just adding flavor to your food.

Turmeric, recognized by its bright yellow color, contains a powerful compound called curcumin. Curcumin is known for its anti-inflammatory and antioxidant properties, which can help combat chronic diseases such as heart disease, arthritis, and even certain cancers. Studies have also shown that curcumin can improve brain function. Add a pinch of turmeric to your soups, smoothies, or teas for a health boost.

Ginger is another spice with a long history of medicinal use. It's widely known for its ability to ease nausea and aid digestion. Ginger's anti-inflammatory properties can also help reduce muscle pain and soreness, making it a favorite among athletes and those with active lifestyles. Fresh ginger can be added to stir-fries, teas, and baked goods.

Cinnamon isn't just for desserts – it is packed with antioxidants and has been shown to reduce inflammation. Cinnamon has been shown to help lower blood sugar levels, making it beneficial for

people with diabetes. It has also been linked to reduced risk of heart disease. Try vegetable curries featuring cinnamon, sprinkle cinnamon on your morning oatmeal, or add it to your coffee or tea.

Cumin is a staple in many global cuisines and offers significant health benefits. It aids digestion by increasing the activity of digestive enzymes and optimizing the digestion process. Cumin can boost the immune system with its antimicrobial properties. Use cumin in your chili, curry, and roasted vegetables for a depth of flavor and health benefits.

Garlic is renowned for its ability to boost the immune system. It contains compounds like allicin that have potent medicinal properties. Regular consumption of garlic can help reduce the severity of common illnesses, including the flu and common cold. Incorporate garlic into your sauces, dressings, and marinades to enjoy its health benefits.

Cayenne pepper contains capsaicin, which is known to boost metabolism and may help with weight loss by increasing the amount of heat your body produces, making you burn more calories. Capsaicin also has pain-relief properties and can improve digestion. Add a dash of cayenne pepper to your meals for a spicy kick and metabolic boost.

By embracing the power of spices, you're not only adding flavor to your food but also taking a step towards a healthier lifestyle. Happy cooking!

Moroccan Spiced Couscous Salad



Ingredients:

- 1 cup couscous
- 1 cup boiling water
- 1 tablespoon olive oil
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper (optional)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cucumber, diced
- 1 red or green bell pepper, diced
- 1/4 red onion, finely chopped
- 1/2 cup dried apricots, chopped
- 1/4 cup fresh parsley, chopped, or 1 tbsp dried parsley
- 1/4 cup fresh mint, chopped or 2 tsp dried mint
- 1/3 cup sliced almonds
- 1 lemon, juiced

Instructions:

1. Place the couscous in a large bowl. Pour the boiling water over the couscous, cover, and let it sit for about 5 minutes until the water is absorbed. Fluff with a fork.
2. In a small bowl, whisk together the olive oil, turmeric, cumin, cinnamon, minced garlic, salt, black pepper, and optional cayenne pepper.
3. Add the remaining ingredients to the couscous and mix well. Pour the dressing over the couscous mixture. Toss well and place in the refrigerator for at least 15 minutes. Serve chilled or at room temperature.

Tips:

Add other fresh veggies you have on hand, such as cherry tomatoes or shredded carrots. This salad can be made ahead and stored in the refrigerator for up to 3 days, making it a perfect take-along lunch.