



**Tami Racaniello, Healthy Life Coach,
Culinary Nutritionist, Plant-based Chef**

tami@wellnessunicorn.com

Spices for Health and Flavor!

Turmeric

The active component of turmeric is curcumin, which has been shown to fight inflammation, and is a powerful antioxidant. It's also been studied for its potential to help fight cancer, heart disease, help brain function, and more. Turmeric is absorbed best when combined with piperine, found in black pepper. It's also fat soluble, so enjoy a turmeric latte made with coconut milk, or in sauces or curries with coconut oil.

Black Pepper

Black pepper's active ingredient is a compound called piperine, which has been shown to have powerful antioxidant properties. It works well combined with turmeric. Black pepper stimulates digestive enzymes and enhances absorption of nutrients.

Ginger

Ginger, a cousin to turmeric, has been widely used for centuries to treat digestive ailments. This versatile, warming spice has antioxidant and anti-inflammatory properties. Enjoy it in stir fries, soups, desserts, or steep in hot water for a ginger tea.

Cinnamon

Research has shown cinnamon may help manage blood sugar and cholesterol levels. It also has anti-viral, and anti-inflammatory properties. Use it in baked goods, sprinkle it over oatmeal or plain Greek yogurt or sprinkle some in your coffee filter before brewing. It's also great in chili.

Cayenne Pepper

As in all spicy peppers, the active compound is capsaicin, which is what gives the peppers their burn, and is responsible for this spice's healing properties. Cayenne pepper has been shown to fight inflammation, suppress appetite, and boost metabolic rate. Add it to sauces, soups, stews, and chili.

Rosemary

Rosemary is a versatile herb that can be used in fresh or dried form. Rosemary contains many beneficial compounds that serve as antibacterial, antioxidant, and anti-inflammatory. Smelling rosemary can help make you feel more awake and focused and can improve memory and cognitive performance. The smell of rosemary can also be energizing and improve mood.

Rosemary extract is used as a natural food preservative because of its natural antimicrobial properties. Rosemary can enhance baked goods, tomato sauces, soups, and more. Because of the toughness of the needle-like leaves, either chop the fresh leaf or grind or crush the dried leaf. You can put a whole sprig in soups or stews and remove before serving.