

SPICE IT UP

Herbs and spices can help you take your culinary creations, and your health, to the next level. Learn about the many health benefits, plus discover what foods compliment these spices so you can tart incorporating them into your meals today!

CINNAMON

BENEFITS:

Great source of antioxidants; may help control blood glucose levels.

HOW TO USE IT:

Add a sprinkle to steel cut oats, Greek yogurt or your morning coffee.

GINGER

BENEFITS:

Remedy for nausea, potent antioxidant, anti-inflammatory properties may help with heart disease and arthritis.

HOW TO USE IT:

Grate fresh ginger over veggies or steep in your favorite tea.

ROSEMARY

BENEFITS:

High in antioxidants that may help protect neurotransmitters in the brain, prevent Alzheimer's disease, and improve mental function.

HOW TO USE IT:

Add to marinates and rubs for meat or fish, or stir into rice, barley, or quinoa.

BASIL

BENEFITS:

High in flavonoids that protect cells from damage, enzymes that ease inflammation and magnesium which improves blood flow.

HOW TO USE IT:

Add chopped basil to sauces and stews, or eat with mozzarella and tomatoes.

TURMERIC

BENEFITS:

May help decrease post-exercise inflammation and muscle damage, and may help with digestive, liver, and gallbladder disorders and respiratory conditions

HOW TO USE IT:

Add it to veggies, rice, or soups, or use it to make curry.

GARLIC

BENEFITS:

High in antioxidants linked to heart health, may help lower cholesterol and blood pressure.

HOW TO USE IT:

Add roasted garlic to sauces and soups, mix in veggies, or blend with beans for a dip.

BLACK PEPPER

BENEFITS:

Packed with anti-inflammatory, antioxidant, and antibacterial agents to enhance your immune system.

HOW TO USE IT:

Known as the 'king of spice', pepper is great in rubs for chicken, fish and meats as well as in soups, barbecue sauces, and curries.

NUTMEG

BENEFITS:

Contains antifungal and antibacterial properties, enhances digestion, and provides polyphenols that promote heart health.

HOW TO USE IT:

Great with pumpkin, pies and breads, topped on a latte or apple cider, or used as part of a savory curry.

PAPRIKA

BENEFITS:

Boosts immune function and eye health with carotenoids, lutein, and zeaxanthin.

HOW TO USE IT:

Ranges from sweet to spicy, pairs well with cauliflower, potatoes, seafood, pork, or chicken.