

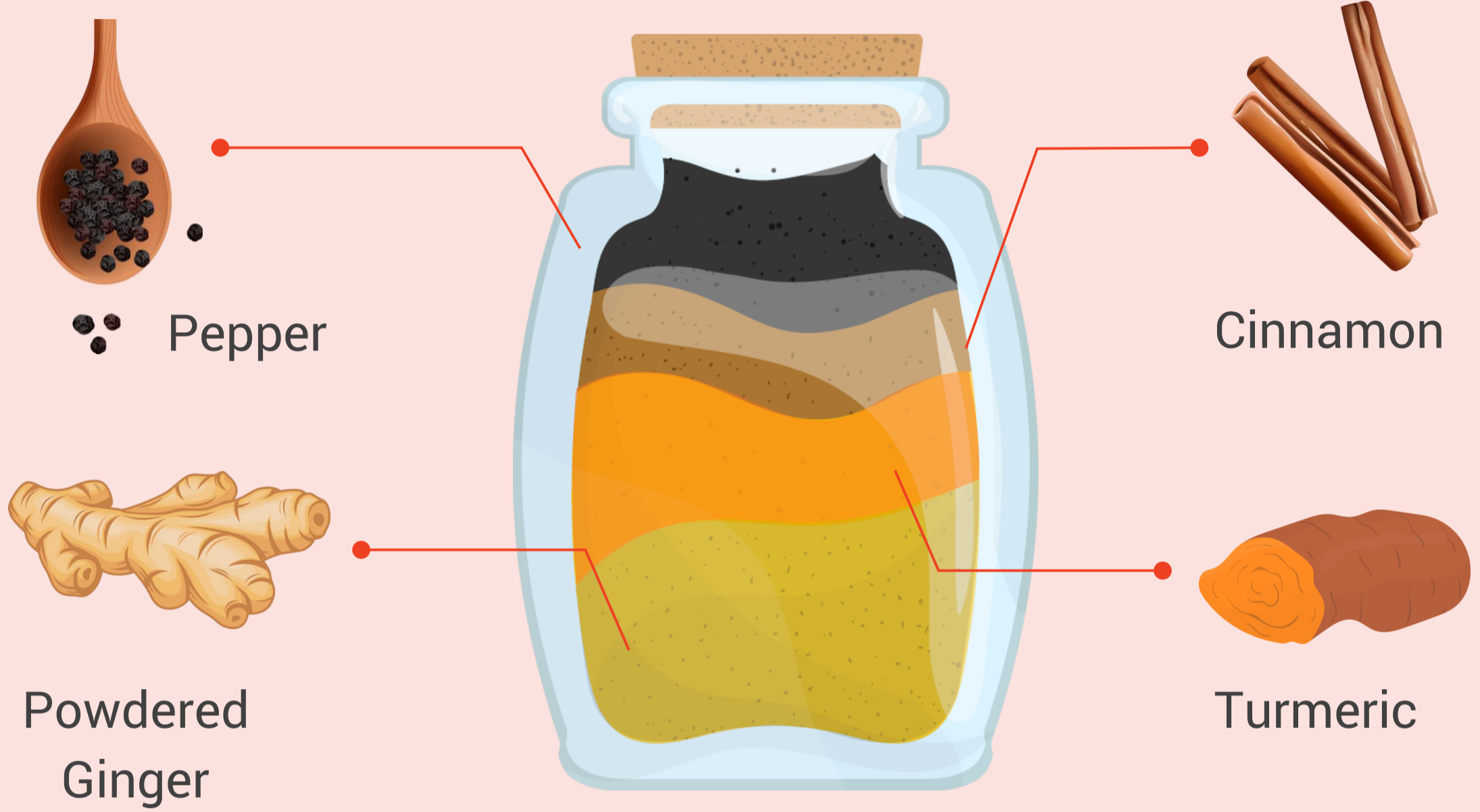
9 WAYS TO USE SPICES HIDING IN THE INDIAN KITCHEN

Don't waste your precious time & money looking for exotic 'superfoods'. You have a variety of nutrient-rich options hiding in your kitchen cabinet!

Try these out:

1

Prepare a mix of powdered ginger, cinnamon, turmeric and pepper and store in your cupboard.



2

Ready to use spice mixes are also available [online](#)



3

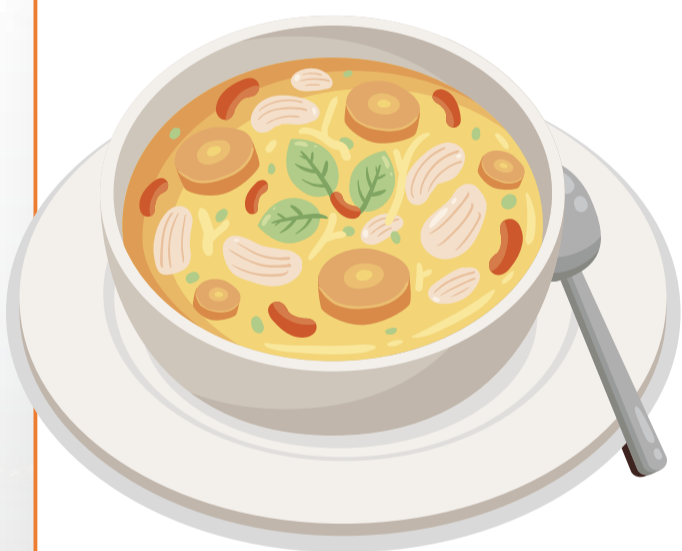
Use at least once a day to kick the spice level up a notch while boosting your immunity levels!

MORNING BOOST

- Stir into a glass of warm milk for your own [turmeric latte](#). Or of course, include in your [masala chai](#).
- Add a tsp to your morning [porridge](#) or overnight oats.
- Stir into the chutney or dips to have with your breakfast dosa.



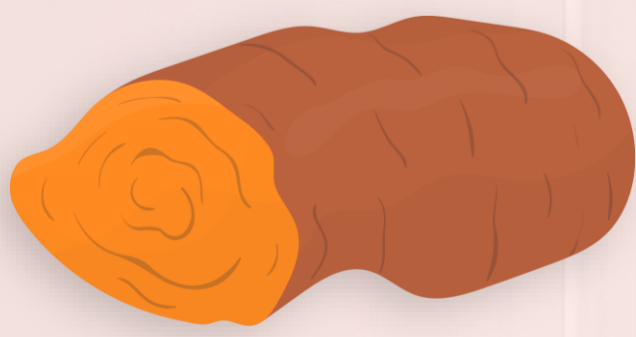
SPICE UP YOUR MEAL



- Add a dash to your [vegetable curries](#) or pulao.
- Stir into your [soup](#).
- Sprinkle over salads or combine with the [salad dressing](#).

SWEET CRAVINGS

- Whizz a tsp into your protein [smoothie](#).
- Stir into [yoghurt](#) along with some pumpkin seeds and chopped dried fruits.
- Go gourmet: Make [apple crisps](#) or sprinkle over an apple or pear and [bake](#) until golden. Serve with a dollop of Greek yoghurt or whipped cream.

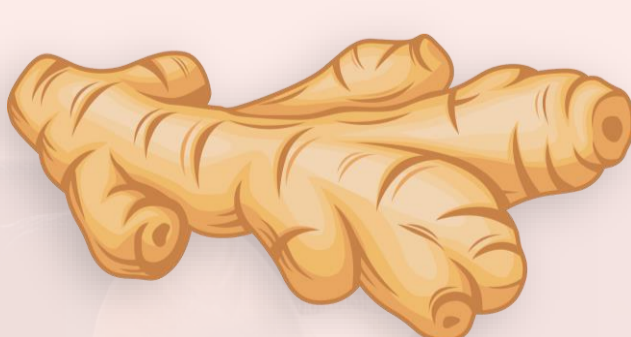


Turmeric

Anti-inflammatory, aids with recovery

Pro-tip:

Pair with black pepper to help your body absorb it better



Ginger

Reduces nausea, reduces inflammation

Pro-tip:

Store in the freezer. Peels more easily, stays fresh longer



Cinnamon

Naturally sweet, helpful in regulating blood glucose levels

Pro-tip:

Pick [Ceylon cinnamon](#), which has lower levels of coumarin (which could be harmful in high doses)