



Turmeric recipes

Turmeric as you know at this stage is a very potent superfood or superherb and SIRTfood. Turmeric appears in some of the earliest known records of plant medicine. It is mentioned in Ancient Egyptian texts and is thought to have been cultivated in the Gardens of Babylon.

Turmeric has a very individual taste that is hard to describe, except to say it is quite pungent and sharp. However when combined with other ingredients its culinary use widens incredibly. For example - it goes very well with honey so can be used in yogurts, in homemade granola and ice cream.

Some of the benefits of Turmeric include;

Anti aging

Anti inflammatory

Anti oxidant or helps protect our cells against oxidation and free radicals

Anti bacterial

Supports the digestive system and microbiome

Helps regulate menstruation

Adapts cortisol imbalances

Anti cancer properties

Provides pain relief

Helps maintain good health

Activates Sirtuin genes

I hope the recipes herein help you to continue to add Turmeric into your diet and new health lifestyle xo



Turmeric honey

- 2 Tablespoons of coconut oil
- 1/2 cup of raw liquid honey
- 2 teaspoons of ground turmeric
- 1/4 teaspoon of ground black pepper

Heat the coconut oil in a pan so that it is in liquid form. Add to a bowl with the honey, turmeric and pepper. Stir to combine all ingredients thoroughly. Transfer to a glass jar, seal securely and store at room temperature until needed. xo

Hot tonic

- 1/2 teaspoon of ground turmeric
- 3 slices of fresh ginger root
- 2 slices of organic lemon
- 1 teaspoon of raw honey

Add the turmeric and ginger to a small pot of water, bring to a boil and then let simmer for a few minutes. It would be wise to add a pinch of black or cayenne pepper to help with absorption. Remove from heat and pour into a cup. Add lemon and honey and enjoy. A great option if you are sick, feeling chilled or want something warming - sugar is low in this. xo



Coconut granola

- 2 1/2 cups of coconut flakes
- 3/4 cup of chopped pecans
- 1/2 cup of pumpkin seeds
- 1/2 cup of raw cacao nibs
- 2 1/2 tablespoons of chia seeds
- 1/2 teaspoon of ground cinnamon
- 1/2 teaspoon of ground ginger
- 1/2 teaspoon of ground turmeric
- 2 tablespoons of coconut oil
- 2 tablespoons of raw liquid honey
- 1 teaspoon of vanilla extract

Preheat oven to 350F and line a large baking pan with parchment paper. Mix all the dry ingredients in a large bowl.

Heat the coconut oil and honey in a saucepan until dissolved, and then add the vanilla extract. Pour this onto the dry ingredients and stir to coat coconut, seeds and nuts evenly.

Pour the granola onto the parchment and spread out in an even layer. Bake until golden and crunchy. Let the granola cool inside the oven and then transfer to an airtight glass container. This is great for your morning yogurt as the sugar is still low. xo



Bliss balls

- 3/4 cup of whole almonds
- 3 tablespoons of chia seeds
- 1/3 cup of desiccated coconut, plus more for rolling
- 6 pitted medjool dates
- 1 teaspoon ground cinnamon
- 1 teaspoon of ground turmeric
- 1 tablespoon of raw cacao powder
- 2 tablespoons of melted coconut oil
- 2 tablespoons of raw liquid honey

Place all ingredients in a food processor and blend to a paste. Roll into balls about the size of a walnut and then coat with the extra desiccated coconut. xo

Spiced seeds

- 3/4 cup of raw pumpkin seeds
- 3/4 cup of sunflower seeds
- 1 table spoon of avocado or coconut oil
- juice of 1 organic lime
- 1/2 teaspoon of ground turmeric
- 1/2 teaspoon of mild chili powder
- 1/4 teaspoon of pink Himalayan salt

Mix all ingredients in a bowl and roast for 30-40 minutes. Let cool and store in a glass airtight container until needed. Great for refeed day or a “treat”. xo



Deviled scrambled eggs

4 medium organic eggs

1/2 teaspoon of ground turmeric

1/4 teaspoon of paprika

1/4 teaspoon of chili powder

1/3 cup of nut milk

2 teaspoons of grass fed or organic unsalted butter

pinch of chili flakes

pinch of pink Himalayan salt

Crack eggs into a bowl and beat with the spices and milk

Melt the butter in a non stick pan over medium heat.

Add egg mix and salt. Let cook until it starts to set on the bottom and then gently fold over and into one another. Remove from the heat when the mixture is still slightly liquid. Serve with some avocado and enjoy. xo



Carrot soup

- 1 tablespoon of coconut oil
- 1/2 organic onion chopped
- 1 teaspoon of grated fresh ginger root
- 1 teaspoon of ground turmeric
- 1/8 teaspoon of ground black pepper and extra for seasoning
- 1/2lb of organic carrots, coarsely chopped
- 13/4 cups of organic vegetable broth
- 1/3 cup of cashews coarsely chopped
- 1/2 teaspoon of mild chili powder

Heat the oil in a saucepan over low-medium heat, add the onion and sautee for about 10 minutes until soft. Add the ginger, turmeric and black pepper and stir through before adding the carrots.

Continue to stir the carrots for another few minutes and then add the broth. Bring to the boil, then reduce the heat and let simmer for 10-15 minutes or until the carrots can be easily pierced.

Transfer to a soupblender and process until smooth, taste and adjust seasoning to taste.

Mix the chopped cashews with the mild chili and dry roast in a skillet for a few minutes over low heat.

Ladle the soup into bowls, sprinkle with the spiced nuts and enjoy. A good option for lunch or refeed day. xo