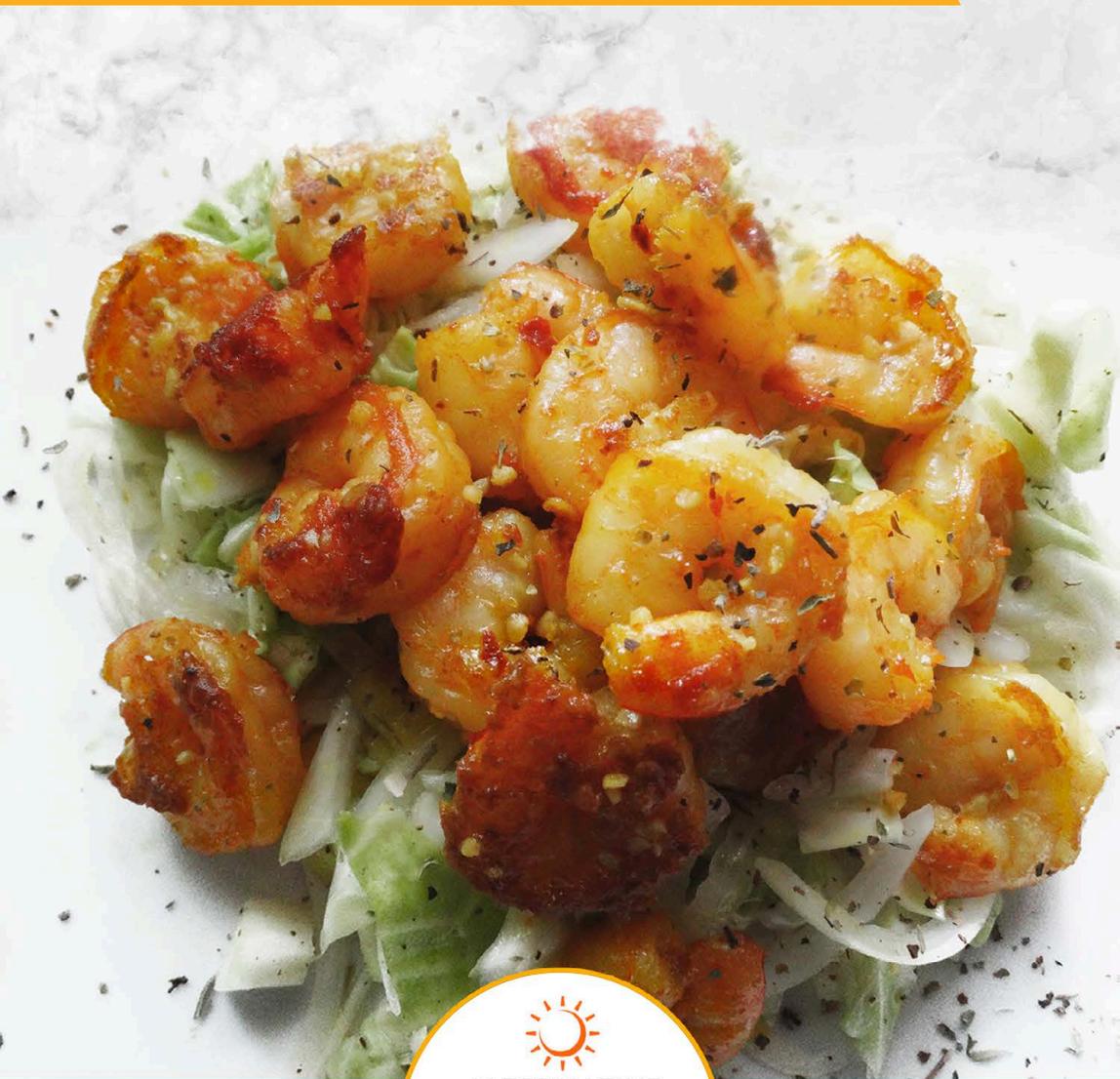


*The Ancient  
Healing Kitchen:*

**39 HEALING & DELICIOUS MEALS  
MADE WITH TURMERIC**



**ALTERNATIVE  
DAILY**

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## COOKING WITH TURMERIC

### The Wonder Spice

Turmeric is a herbaceous herb (also known as *Curcuma longa*) that is a member of the ginger family, which has been used throughout India and other parts of Asia for thousands of years. Historical records note that ancient Polynesians took turmeric with them when they sailed across the Pacific Ocean to Hawaii. The spice is still used there today and it is known as 'olena.

In India, this golden spice has long been called “holy powder,” and is used extensively to treat infections, wounds and a myriad of other health problems. Its healing power was once thought of as only a folktale. However, modern research is now confirming what the people of India and many parts of Asia have known for thousands of years – turmeric is a spice you don't want to pass up.

Scientists are finding an astonishing array of antioxidant, anticancer, antiviral, antibiotic, antifungal and antibacterial properties. As an immune system booster, turmeric is five to eight times stronger than vitamin C and vitamin E.

Studies show that curcumin, the principal curcuminoid of turmeric, inserts itself into cell membranes where it does a little house cleaning and reorganizing, adding vibrancy to the cell itself. Suddenly a disorganized cell becomes organized, allowing information to flow through it so it can function more effectively. The result of this action increases the cell's resistance to infection and malignancy, which can keep a number of serious conditions at bay, including:

- Gallstones
- Crohn's disease
- Psoriasis
- Acne
- Rheumatoid arthritis
- Cataracts
- Inflammatory bowel disease
- Diabetes



Adding turmeric to your diet is easy and delicious. The recipes included in this book have been cooked in our company kitchen and passed the test of deliciousness! Remember, always use organic ingredients for best results.

Happy cooking!



## SPICY CINNAMON COCONUT MILK

Drink this spicy, yet calming milk before bed for a restful night's sleep.

---

### INGREDIENTS

- 2 cups coconut milk
- 1 tsp turmeric
- 1/2 tsp cinnamon
- 1 tsp raw honey
- Pinch black pepper
- Pinch cayenne pepper
- 1/4 tsp ground ginger powder

### INSTRUCTIONS

1. Blend all ingredients together in a blender until smooth.
2. Pour into a saucepan and warm for about 5 minutes.



## SUPERCARGED COFFEE

Skip the coffee shop and trade your regular brew for this pumped-up nutritional powerhouse instead.

---

### INGREDIENTS

- 8 oz strong coffee (free trade and organic)
- 1/2 tsp cinnamon
- 1/4 tsp ground turmeric
- Pinch black pepper
- 1 tbsp grass-fed, unsalted butter
- 1/2 tsp raw honey
- 1/2 tsp MCT oil

### INSTRUCTIONS

1. Brew the coffee with cinnamon and turmeric.
2. Pour coffee into a blender and add black pepper, butter, honey and MCT oil. Blend until frothy and smooth.
3. Sprinkle with cinnamon.



## HOT COCOA DELIGHT

Enjoy this smooth and creamy treat on a cold day. It has just the right amount of sweetness with a nip of spicy.

---

### INGREDIENTS

- 2 cups coconut milk
- 1/2 cup filtered water
- 1/4 tsp turmeric powder
- 3 cardamon pods, crushed
- Pinch of black pepper
- 1/2 tsp grated ginger
- 1 cinnamon stick
- 2 tbsp coconut sugar
- Pinch of sea salt
- 2 tbsp raw cacao
- 1/2 tsp pure vanilla extract

### INSTRUCTIONS

1. Warm coconut milk, water, cocoa, turmeric, cardamon, ginger, cinnamon, coconut sugar, pepper and pepper. Simmer slowly for 10 minutes.
2. Strain and enjoy.



## ENERGY BLAST

If you hit that afternoon lull, reach for this tasty energy shot that will carry you through the rest of your day.

---

### INGREDIENTS

- 2 cups coconut water
- 2-inch knob fresh turmeric
- 1-inch knob fresh ginger
- 1 lemon, juiced
- Pinch of black pepper
- 1/2 tsp sea salt
- 2 tbsp honey

### INSTRUCTIONS

1. Place coconut water, turmeric and ginger root in a blender and blend well.
2. Strain and add lemon juice, salt, pepper and honey to taste.
3. Serve over ice with a lemon garnish.



## APPLE GREEN TEA IMMUNE BOOSTER

If you are feeling a little under the weather, this tea will help increase your immunity and give your body the energy it needs to heal.

---

### INGREDIENTS

- 4 1/2 cups spring water
- 1 large green apple, cut into wedges
- 2 cinnamon sticks
- 1 tsp turmeric powder
- 2-inch piece of peeled ginger, cut into chunks
- 2 tsp coconut oil
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper
- 1/2 tsp pure vanilla extract
- 2 tbsps honey
- 2 organic tea bags
- 2 tbsps fresh lemon juice

## INSTRUCTIONS

1. Pour water into a saucepan and add apple, cinnamon, turmeric, ginger, coconut oil, cayenne, black pepper and vanilla.
2. Stir to combine and bring to a boil over medium-high heat.
3. Once mixture reaches a boil, reduce heat and simmer for 30 minutes.
4. Add green tea bags and let the mixture simmer for 5 more minutes.
5. Strain and add more honey if desired.





## TROPICAL TWIST

This tangy and refreshing drink is loaded with vitamin C and other essential nutrients. Plus, the taste can't be beat.

---

### INGREDIENTS

- 2 1/2 cups frozen pineapple and mango pieces
- 1 frozen banana
- 1 cup fresh orange juice
- 1/2 cup coconut milk
- 1/2 tsp ginger powder
- 1/4 tsp turmeric powder
- 1 tsp pure vanilla extract
- 2 tsp honey

### INSTRUCTIONS

1. Add all ingredients into a blender.
2. Blend until smooth.



## ANTI-AGING SMOOTHIE

Look and feel your best with this collagen-infused raspberry smoothie.

### INGREDIENTS

- 1 cup frozen berries
- 1 large banana, chopped
- 1 cup coconut milk
- 1/2 cup filtered water
- 1/2 tsp ground turmeric
- 2 tbsp collagen powder
- 1 tbsp lemon juice
- Pinch of salt
- Pinch of black pepper

### INSTRUCTIONS

1. Put all ingredients into a blender.
2. Blend until smooth.



## BLENDED CINNAMON CHAI LATTE

This smooth and creamy chai will awaken your taste buds.

---

### INGREDIENTS

- 3 cups boiling water
- 2 black chai tea bags
- 1 tsp ground turmeric
- Pinch of black pepper
- 1 tsp cinnamon
- 3 tbsp honey
- 1/8 tsp sea salt
- Cashew milk
- Cinnamon to taste

### INSTRUCTIONS

1. Add boiling water and tea bags to a glass container. Let it steep for 20 minutes.
2. Remove tea bags while tea is warm. Whisk in turmeric, pepper, cinnamon, honey and sea salt. Let cool and refrigerate.
3. To make tea, pour 3/4 cup of the base into a blender and top with 1/2 cup cashew milk.
4. Blend until smooth. Top with cinnamon.
5. You can also enjoy heated. Just warm blended tea on the stove. Do not boil.



## MORNING LEMON DETOX

Rejuvenate and cleanse with this delicious morning lemon drink.

### INGREDIENTS

- 2 1/2 cups boiling water
- 1 lemon, cut into slices
- 1-inch piece of ginger, peeled and diced
- 1/4 tsp ground turmeric
- Pinch of pepper
- 2 tsp honey

### INSTRUCTIONS

1. Bring water to a boil.
2. Turn off heat and add lemon, ginger, pepper, honey and turmeric.
3. Let it steep for 30 minutes.
4. Strain and drink.



## TURMERIC GINGER LEMON FIZZ

This refreshing drink will cool you off with just the right amount of fizz.

---

### INGREDIENTS

- 4 pieces ginger root, 1/4-inch chunks
- 1 tsp turmeric powder
- 2 lemons, juiced
- Pinch of black pepper
- 2 tsp honey
- 4 cups spring water
- Sparkling water

### INSTRUCTIONS

1. Combine water, ginger and turmeric in a pot. Simmer for 20 minutes.
2. Strain into a large glass pitcher.
3. Add honey, lemon juice and pepper, then stir well. Fill the rest of the pitcher with room temperature sparkling water.



## TOMATO AND GARLIC SOUP

Pair this soup with your favorite gluten-free bread and a salad for a light and healthy lunch.

### INGREDIENTS

- 5 oz cherry tomatoes, rinsed and cut in halves
- 1 can Italian diced tomatoes in juice
- 1 cup vegetable broth
- 1 small yellow onion, diced finely
- 1 tbsp minced garlic
- 2 tsp turmeric powder
- 1 tbsp coconut oil
- 1/2 tsp sea salt
- 1 tsp dried basil
- 1 tbsp apple cider vinegar
- Pinch of ground black pepper
- Pumpkin seeds to garnish
- Parmesan cheese to garnish

## INSTRUCTIONS

1. Warm coconut oil in a saucepan.
2. Fry onion and garlic until brown.
3. Add turmeric and cherry tomatoes, cooking until tomatoes soften.
4. Add canned tomatoes, vegetable stock, apple cider vinegar, basil, sea salt and pepper, then bring to a boil. Let the soup simmer for 5 minutes.
5. Transfer soup to a blender and blend until creamy.
6. Sprinkle soup with more salt and pepper. Garnish with cheese and seeds.





## GOLDEN CHICKPEA CHICKEN SOUP

This soup is so comforting, warm and deliciously complete that it is a meal in itself.

### INGREDIENTS

- 1 tsp coconut oil
- 3 cloves minced garlic
- 2 tsp freshly grated ginger
- 2 small jalapenos, seeded and diced
- 1 lb skinless chicken breast, cut into small pieces
- 1 sweet onion, diced
- 1 red pepper, diced
- 1 sweet potato, peeled and diced into cubes
- 2 tsp ground turmeric
- 4 cups chicken broth
- 1 cup full-fat coconut milk
- 1 can chickpeas, rinsed and drained
- Pinch of sea salt
- Pinch of ground black pepper
- Coconut crystals to taste
- 2 tbsp creamy peanut butter
- Cilantro for garnish
- Green onions for garnish

## INSTRUCTIONS

1. Warm coconut oil in a large pot over medium heat. Once the oil is hot, add in the sweet potato.
2. Cook for several months, stirring occasionally until sweet potatoes begin to soften slightly. Sometimes this takes 5 to 7 minutes.
3. Add in chicken, veggies and turmeric, stirring to coat evenly.
4. Add the chicken broth, coconut milk, chickpeas, peanut butter, coconut milk, coconut crystals, salt and pepper. Stir to combine and bring the soup to a boil.
5. Reduce heat to low and simmer uncovered for 30 minutes or until the sweet potatoes become tender. Taste and season as desired.
6. Serve with cilantro and green onions.





## ROASTED CAULIFLOWER SOUP

This smooth and creamy soup tastes so rich you will think it is loaded with calories, but it is actually very slimming.

### INGREDIENTS

- 2 cauliflower heads, broken into florets
- Olive oil cooking spray
- 1/4 cup coconut oil
- 1 large yellow onion, chopped
- 4 cloves of garlic, minced
- 6 cups vegetable broth
- 1 tbsp turmeric powder
- Pinch of sea salt
- Pinch of black pepper
- Parmesan cheese to taste
- Green onions for garnish

## INSTRUCTIONS

1. Place the cauliflower into a large bowl of salted water. Let it stand for 30 minutes.
2. Drain water and arrange cauliflower on baking sheet lined with aluminum foil.
3. Spray the cauliflower with olive oil.
4. Turn on broil and place rack 6 inches from heat. Broil cauliflower until brown.
5. Heat coconut oil in a large soup pan and cook the onion until translucent. Add in garlic and roasted cauliflower.
6. Pour in broth, turmeric, salt and pepper. Simmer until cauliflower is tender.
7. Transfer soup to a blender and blend until smooth. Return to pot and warm thoroughly.
8. Serve warm with green onion and Parmesan cheese garnish.





## KICKED-UP BLACK BEAN SOUP

This soup truly is a one-pot meal that will please the whole family.

### INGREDIENTS

- 1 white onion, diced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 clove of garlic, finely diced
- 1/4 cup pearl barley (or quinoa)
- 1/2 tsp curry powder
- 1/2 tsp ground turmeric
- 3 tbsp coconut oil
- 6 cups chicken broth
- 1 can black beans
- 1 can diced tomatoes, drained
- Pinch of salt
- Pinch of black pepper
- Green onion for garnish
- Parmesan cheese for garnish

## INSTRUCTIONS

1. Melt coconut oil in a large saucepan and soften onion, carrots, celery, garlic and spices.
2. Add broth and bring soup to a boil. Cover and simmer for 30 minutes.
3. Add beans, tomatoes and potatoes. Return to a boil. Cover and cook for 10 more minutes until barley is tender.
4. Serve warm with green onion and Parmesan cheese.





## BOLD BANANA CHIPS

Keep a bag of these banana chips in your desk drawer at work. They are a perfect mid-day pick-me-up.

### INGREDIENTS

- 3 small bananas (or plantains)
- Pinch of sea salt
- 2 tsp turmeric powder
- 1 tsp chili powder
- 2 tsp cinnamon
- 3 tbsp coconut oil

### INSTRUCTIONS

1. Peel bananas and cut into thin slices.
2. Combine sea salt, turmeric and chili powder in a bowl.
3. Drag banana slices through the mix so that both sides are coated.
4. Heat coconut oil in pan.
5. Once hot, add in the banana slices and turn heat to a low level.
6. Fry slices on both sides until brown, then place on a plate lined with paper towels.
7. Dab with paper towel to remove oil and store in plastic lock bag or container.



# CINNAMON TURMERIC SWEET POTATO FRIES

These are a far cry from your ordinary fries. Loaded with zesty goodness, you can serve these as a side to almost any meal or enjoy them alone as a snack.

Preheat oven to 425°F and line a baking sheet with tin foil.

## INGREDIENTS

- Coconut oil cooking spray
- 1 large white sweet potato
- 2 tbsp olive oil
- 1/2 tsp cinnamon
- 1 tsp turmeric powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

## INSTRUCTIONS

1. Spray baking sheet with coconut oil cooking spray.
2. Cut potato in wedges and place in a large bowl.
3. Add olive oil and spices to the bowl, then toss potato wedges until well coated.
4. Arrange wedges on a cooking sheet. Bake for 15 minutes, flip and bake for 10 more minutes.



## GET GOING ENERGY BITES

Just a few of these delicious energy bites will give you a boost before your workout or when you are feeling low.

---

### INGREDIENTS

- 1 cup almond butter
- 3/4 cup coconut flakes
- 6 tbsp pea protein powder
- 1 tbsp coconut oil
- 1/2 tsp maple syrup
- 2 tbsp turmeric

### INSTRUCTIONS

1. Add nut butter, 1/2 of coconut flakes, almond butter, coconut oil, maple syrup, protein powder and turmeric to a blender. Blend on high until mixed.
2. Place dough in the refrigerator for an hour.
3. Remove the dough and roll into bite-sized pieces.
4. Place balls on a plate covered with parchment paper, then place in fridge for 4 hours.
5. Remove from fridge and roll balls in remaining coconut flakes.



## ROASTED GARBANZO BEANS

These crunchy beans make a great snack or topper for your favorite salad.

---

Preheat oven to 400°F and line a baking sheet with parchment paper.

### INGREDIENTS

- 2 cans garbanzo beans
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1 tsp turmeric powder
- 1 tsp curry powder
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper

## INSTRUCTIONS

1. Drain and rinse garbanzo beans.
2. Place beans in a clean cotton towel and rub lightly to remove skins.
3. Dry beans and place them in a large bowl. Drizzle with olive oil and salt. Mix well.
4. Place beans evenly on the cookie sheet.
5. Cook for 20 minutes, shaking halfway through.
6. Combine turmeric, curry powder, black pepper and cayenne pepper in a small bowl.
7. Remove beans from the oven and sprinkle them with spice mixture. Coat well and toss. Add another drop of olive oil so that the spice mixture will stick.
8. Put the beans back in the oven for 20 minutes or until crispy.
9. Cool before storing in an airtight container.





## BAKED TURMERIC AND HERB EGGS

If you need something tasty and easy for company, this recipe fits the bill. Pair with a dish of seasonal fruit for a great start to the day.

---

Preheat broiler for 5 minutes and place rack in the middle.

### INGREDIENTS

- 2 cloves of garlic, minced
- 2 tsp fresh thyme leaves, minced
- 2 tsp fresh basil
- 1 tsp rosemary
- 1 tsp fresh parsley
- 1/4 cup fresh grated Parmesan
- 8 large eggs
- 4 tbsp heavy cream
- 2 tbsp butter
- Pinch of salt
- Pinch of black pepper
- 1/4 tsp turmeric

## INSTRUCTIONS

1. Mix garlic, thyme, rosemary, parsley and cheese. Set aside.
2. Crack 2 eggs each into 4 small bowls without breaking the yolks.
3. Place 4 individual oven-safe dishes on a baking sheet.
4. Place 1 tablespoon of cream and 1/2 teaspoon of butter in each dish and place under the broiler for about 4 minutes, until hot and bubbly.
5. Carefully pour 2 eggs into each dish and sprinkle with herb mixture. Cover eggs liberally with salt, pepper and turmeric.
6. Put back under the broiler for 7 minutes or until the whites of the eggs are cooked. Rotate the baking sheet once if eggs are not cooking evenly. Remember, the eggs will continue to cook after you take them out of the oven.





## TURMERIC SPICED PANCAKES

These pancakes are a great twist on traditional hot cakes — and healthy too!

---

### INGREDIENTS

- 1/2 cup unsweetened applesauce
- 1 1/4 cup oat flour
- 1/2 cup almond milk
- 1 tbsp baking powder
- 1 tsp pure vanilla
- 1 tsp turmeric powder
- 1/4 tsp ground ginger
- Pinch of black pepper
- Coconut oil cooking spray
- 1 tsp cinnamon
- 3 tbsp maple syrup
- Coconut milk yogurt
- Chopped nuts
- Berries

### INSTRUCTIONS

1. Combine all ingredients except yogurt, nuts, berries, cinnamon and syrup in a blender and blend just until combined.
2. Coat a skillet with coconut cooking spray.
3. Pour a small amount of batter into the skillet and cook each pancake about 2 to 3 minutes per side.
4. Top with coconut yogurt, slivered nuts, berries, cinnamon and syrup.



## TURMERIC PARFAIT

This parfait is a delicious and ultra healthy way to begin your day.

---

### INGREDIENTS

- 1/2 cup chia seeds
- 1 1/4 cup flax milk
- 1/2 tsp ground ginger
- 1/2 tsp turmeric powder
- 1/4 tsp ground cardamon
- 2 tbsp maple syrup
- 1/4 cup filtered water
- Raisins
- Raw coconut slices
- Granola
- Mixed berries

### INSTRUCTIONS

1. Combine all ingredients except raisins, raw coconut, granola, almonds and mixed berries in a bowl.
2. Stir for 10 minutes.
3. Place in the fridge overnight.
4. Top with raisins, raw coconut, granola, slivered almonds and mixed berries.



# COCONUT FLOUR MUFFINS

These grain-free muffins don't skimp on flavor and have a unique, smooth texture.

Preheat oven to 350°F and prepare a muffin tin with liners.

## INGREDIENTS

- 6 large eggs
- 1/2 cup unsweetened coconut milk
- 1/4 cup maple syrup
- 1 tsp pure vanilla
- 3/4 cup plus 2 tbsp coconut flour
- 1/2 tsp baking soda
- 2 tsp turmeric
- 1/2 tsp ginger powder
- Pinch of sea salt
- Pinch of black pepper

## INSTRUCTIONS

1. Combine eggs, milk, maple syrup and vanilla extract. Mix until well combined and eggs begin to bubble.
2. In a small bowl, sift dry ingredients together.
3. Slowly mix the dry ingredients into the wet ingredients. Combine until batter is smooth and thick.
4. Fill muffin tins, dividing the batter evenly over 8 cups.
5. Bake for 25 minutes or until just browned around the edges.
6. Allow muffins to cool on wire rack before eating.



## CHIA SEED CHOCOLATE AND BANANA MUFFINS

Chia seeds are one of the healthiest foods on earth. They are loaded with fiber, protein, vitamins, minerals and omega-3s.

Preheat oven to 350°F and line 12 muffin cups.

### INGREDIENTS

- 4 room temperature eggs
- 1/2 cup coconut oil
- 1 tsp pure vanilla
- 1/2 cup honey
- 2 tbsp coconut milk
- 1/2 cup coconut flour
- 1/2 cup unsweetened cocoa powder
- 3 tbsp chia seeds
- 1 tsp baking powder
- 1/4 tsp sea salt
- 1/4 tsp turmeric
- Pinch of black pepper
- 3 oz dairy-free dark chocolate, chopped

## INSTRUCTIONS

1. Mix eggs on medium speed in a mixing bowl. Add melted coconut oil, pure vanilla extract, honey and milk. Beat until combined.
2. Add coconut flour, cocoa powder, chia seeds, baking powder, turmeric, salt and pepper.
3. Mix on low speed to combine until no lumps remain. Add the chopped dark chocolate and mix it into the batter with a spoon.
4. Spoon the batter into the prepared tin and bake for 16 to 18 minutes or until fork inserted in the middle of a muffin comes out clean.
5. Transfer muffins to wire rack to cool.





## CRISPY TURMERIC POTATOES

These potatoes are delicious as a side with your favorite salad or as a snack all on their own.

Preheat oven to 375°F and line a baking sheet with parchment paper.

### INGREDIENTS

- 1 yellow onion, chopped
- 4 cloves of garlic, minced
- 5 cups golden potatoes, washed and sliced thinly
- 1 tbsp turmeric powder
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tbsp curry powder
- 4 tbsp olive oil

### INSTRUCTIONS

1. Combine onion, garlic, potatoes, seasonings and olive oil in a large bowl and mix until potatoes are well coated.
2. Arrange potatoes on the baking sheet.
3. Bake for 30 to 35 minutes, tossing every 10 minutes.



## GOLDEN RICE

This rice dish is naturally sweet enough to be a breakfast treat. You can also try pairing it with your favorite main dish or salad for a delicious side.

---

### INGREDIENTS

- 1 cup basmati rice
- 1 can (13.5 oz) full-fat coconut milk
- 1 1/2 cups water
- 2 1/2 tbsp turmeric powder
- 1/2 tsp sea salt
- Pinch of black pepper
- 1/2 tsp coconut crystals
- 1/8 tsp cinnamon
- Pinch of cardamon
- 1/3 cup golden raisins (or dried cranberries)
- 1/2 tsp crushed red pepper flakes
- 1/3 cup almonds, slivered

## INSTRUCTIONS

1. Rinse rice in a mesh strainer under cool running water until water runs clear.
2. Combine coconut milk, water, turmeric, salt, pepper, sugar, cinnamon and cardamon. Stir frequently and bring milk to a gentle boil over medium heat.
3. Remove the pan from heat and add raisins. Let it steep for 20 minutes.
4. Return to a low boil, reduce the heat to low and stir in rice and pepper flakes. Cover and cook until all of the liquid is removed, about 12 minutes.
5. Remove the pan from heat and let rice stand covered for 8 to 10 minutes.
6. Fluff with a fork and top with almonds.





## TURMERIC COLESLAW

One of the best cancer-fighting foods is cabbage. This salad is great for detoxing the body and building up immunity.

---

### INGREDIENTS

- Cabbage
- 2 cups cabbage, shredded
- 2 cups chops, shredded
- 1-2 cloves of garlic, crushed
- 1 tomato, chopped
- 2 tbsp parsley
- Dressing
- 2 tbsp olive oil
- 2 tbsp plain Greek yogurt
- 1/2 tsp turmeric
- 1/8 tsp cayenne pepper
- 1/4 tsp ground ginger
- Pinch of sea salt
- Pinch of black pepper

### INSTRUCTIONS

1. Mix all salad ingredients in a bowl.
2. Top with dressing.



## SAVORY BEET CHIPS

Beets are a beneficial anti-inflammatory food containing high amounts of vitamin C, potassium and manganese.

---

Preheat oven to 375°F and place rack in the center of the oven.

### INGREDIENTS

- 3 large beets, cleaned
- 2 tbsp coconut oil
- Pinch of sea salt
- 1/4 tsp rosemary
- 1/2 tsp garlic salt
- 1/2 cayenne pepper
- 1/2 tsp turmeric
- 1/2 tsp cumin

### INSTRUCTIONS

1. Slice beets thinly using a mandolin or sharp knife.
2. Toss beets in oil and spices.
3. Spread evenly (not touching) on oven sheet.
4. Bake for 15 to 20 minutes or until the chips are slightly brown.
5. Remove and let cool.
6. Sprinkle with additional spices as desired.



## CHICKPEA PITA POCKETS

If you need a light and tasty lunch, these pockets will hit the spot. Full of flavor and nutrition, these will soon become your go-to lunch!

---

Preheat the oven to 400°F.

### INGREDIENTS

- 3 cloves garlic, minced
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp sea salt
- 1 tsp turmeric powder
- 1 tsp allspice
- 1/2 tsp ground ginger
- 1/2 tsp ground black pepper
- Pinch of cayenne pepper
- 3 tbsp olive oil
- 2 cups chickpeas, drained and rinsed
- 1/2 cup sliced red onion
- 1/2 red pepper, sliced
- Gluten-free pita
- Roma tomato
- Hummus
- Feta cheese
- Shredded lettuce
- Parsley

## INSTRUCTIONS

1. Combine garlic, spices and olive oil in a bowl.
2. Add chickpeas, red onions and red pepper, then toss.
3. Place chickpeas in a roasting pan and cover with foil.
4. Bake for 30 minutes.
5. Slice pita in half and heat until warm.
6. Open pocket and spread some hummus on the inside. Add lettuce and top with chickpea mixture.
7. Top with feta cheese, diced tomatoes and parsley.





## AVOCADO VEGGIE BURGER

This burger is so full of flavor that it will even fool meat eaters! Enjoy with homemade sweet potato fries.

---

### INGREDIENTS

- 1 red pepper, diced
- 1 jalapeno pepper, diced
- 1/2 onion, diced
- 1 can black beans
- 1 tbsp cumin powder
- 2 tsp oregano
- 1 tsp turmeric powder
- Fresh coriander
- Coconut oil
- Pinch of sea salt
- Pinch of black pepper
- 1 avocado
- 1/2 garlic clove
- 1 tbsp lemon juice

### INSTRUCTIONS

1. Drain the black beans. Mix them with a fork in a bowl until they are pasty.
2. Stir diced peppers and onion into mashed beans.
3. Stir chili, cumin, turmeric and oregano into mashed beans.
4. Divide mixture into patties.
5. Cook in a little coconut oil, about 5 minutes per side.
6. Prepare guacamole by mashing avocado with a fork, squeezing in lemon juice and seasoning with salt.
7. Eat patties with guacamole, cheese and tomato with or without a gluten-free bun.



## SIMPLY STUFFED PEPPERS

Not only are these peppers healthy and yummy, they are also pretty! If you need something quick and light for dinner, these peppers are a great option.

Preheat oven to 350°F.

### INGREDIENTS

- Peppers
- 4 red bell peppers, halved down the center through the green stem
- 1 cup crumbled goat cheese
- 1 cup quinoa
- 2 cups water
- 1 cup carrots, grated finely
- 1/2 cup almonds, sliced
- 1/2 cup dried cranberries

### DRESSING

- 3 cloves of garlic, crushed
- 1 tsp cumin
- 1 tsp ground ginger
- 1/2 tsp paprika
- 1 tsp turmeric
- 1 tsp lemon juice
- 1/4 tsp cinnamon
- 1/4 tsp cloves
- 1/4 tsp sea salt
- 1/4 tsp cayenne pepper
- 1/4 tsp ground black pepper
- 1/4 cup olive oil

## INSTRUCTIONS

1. Combine quinoa and two cups of water in a medium saucepan. Bring to a boil, then lower heat and cover. Simmer for 15 minutes, then remove from heat and fluff with a fork.
2. Mix all dressing ingredients together and set aside.
3. Boil a large pot of water. Add halved peppers and cook for 4 minutes, until just tender, then remove from water to cool.
4. Combine cooked quinoa, grated carrots, sliced almonds, lemon and cranberries.
5. Add dressing and toss to coat.
6. Spoon quinoa into each halved pepper, then sprinkle with goat cheese. Bake for 15 minutes.





## THREE BEAN TURMERIC BISON CHILI

This kicked-up chili is perfect on a cool night coupled with gluten-free garlic bread and a tossed salad.

### INGREDIENTS

- 1 large onion
- 1 tbsp minced garlic
- Coconut oil
- 1 lb bison
- 1 tbsp chili powder
- 1 tsp dried oregano
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp sea salt
- 2 tbsp turmeric
- 1 tbsp coconut crystals
- Pinch of black pepper
- 2 cans diced tomatoes, undrained
- 1 can black beans, undrained
- 1 can red kidney beans, undrained
- 1 can pinto beans, undrained
- Parmesan cheese
- Diced green onions

## INSTRUCTIONS

1. Saute onion and garlic in a little coconut oil until brown.
2. Cook bison until brown.
3. Combine the other ingredients in a stock pot and bring to a boil.
4. Simmer for 15 minutes, then add bison.
5. Cook for another 10 minutes.
6. Serve with Parmesan cheese and diced green onions.





# TURMERIC CHICKEN

This colorful dish is packed with healthy veggies. Plus, it is a delight to the tastebuds!

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## INGREDIENTS

- 8 oz boneless chicken strips
- 1 tsp turmeric powder
- 2 tsp liquid aminos
- 2 tbsp coconut oil
- 1/2 sweet onion, sliced
- 2 tbsp minced garlic
- 1 red pepper, sliced
- 1 green pepper, sliced
- 2 cups mushrooms, chopped
- 1/2 tsp coconut crystals
- Pinch of sea salt
- Pinch of black pepper

## INSTRUCTIONS

1. Combine liquid aminos, turmeric powder and coconut crystals in a zippered bag.
2. Marinate chicken strips in mixture for 20 minutes
3. Heat oil in a wok or large pan. Add onion and garlic, then cook until tender.
4. Add chicken and marinade, cooking thoroughly.
5. Add peppers and mushrooms, then cool until slightly tender.
6. Serve over jasmine or brown rice.



## FRUITY SLAW WITH GARLIC SHRIMP

This light dish is packed with nutrition and filling enough to stand on its own as a meal.

### INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp coconut oil
- 2 limes, juiced
- 1 tsp sea salt
- 1 tsp black pepper
- 1/2 head cabbage, shredded
- 1 mango, diced
- 1/4 small onion, cut into strips
- 2 tbsp cilantro
- 28 large shrimp, deveined
- 2 tbs garlic
- 1 tsp turmeric
- 1/4 tsp cumin
- 1/8 tsp crushed red pepper flakes

### INSTRUCTIONS

1. Combine olive oil, juice from 1 lime, 3/4 teaspoon salt and pepper, then toss with cabbage, mango, red onion and 1 tablespoon fresh cilantro.
2. Mix shrimp with the rest of the salt, turmeric, crushed red pepper flakes and cumin.
3. In a nonstick pan, over medium-high heat, add 1/2 teaspoon coconut oil and cook shrimp for 2 minutes on each side until opaque. Add garlic for the last minute.
4. Remove from heat and squeeze lime over shrimp. Mix with cilantro.



## TURMERIC SWEET POTATO STEW

This easy-to-make meal makes healthy eating fun and delicious.

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### INGREDIENTS

- 2 tbsp coconut oil
- 2 skinless, boneless chicken breasts, cubed
- 2 sweet potatoes, cubed
- 1 red onion, chopped
- 2 cloves of garlic, minced
- 1 tbsp ginger powder
- 2 tsp turmeric powder
- 2 cups vegetable broth
- Pinch of sea salt
- Pinch of black pepper

### INSTRUCTIONS

1. Heat coconut oil in a skillet.
2. Cook chicken in oil.
3. Add sweet potatoes and onion, then cook and stir for about 5 minutes.
4. Add garlic, ginger and turmeric. Cook for 1 more minute.
5. Pour in broth and simmer until thick. Stir occasionally.



## SIX INGREDIENT TURMERIC FUDGE

If you want a sweet treat without the guilt, this fudge will top the list.

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Line a baking sheet with parchment paper.

### INGREDIENTS

- 1/2 cup almond butter
- 4 tbsp maple syrup
- 1/2 tbsp coconut oil, melted
- 1/2 tsp turmeric powder
- 2 tsp pure vanilla extract
- 1 1/2 cups rolled oats

### INSTRUCTIONS

1. Be sure all ingredients are at room temperature.
2. Combine all ingredients in a food processor until well blended.
3. Flatten mixture on baking pan., Make sure the mixture is evenly spread.
4. Place in the freezer for 10 minutes.
5. Remove from tray and cut into squares.



## AVOCADO AND TURMERIC BROWNIES

The avocado in this recipe makes these brownies super moist. You can't eat just one!

Preheat oven to 350°F and line an 8-inch square baking pan with parchment paper.

### INGREDIENTS

- 1 large avocado, peeled and pitted
- 3 tbsp coconut oil, melted
- 1 cup coconut crystals
- 3 eggs
- 1 tsp pure vanilla extract
- 1/2 cup unsweetened cocoa powder
- 1/4 tsp baking soda
- 1/3 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp turmeric powder
- 1/4 cup gluten-free baking mix

## INSTRUCTIONS

1. Place avocado, coconut oil and coconut crystals in a blender (or food processor) and process until smooth.
2. Combine avocado mixture with eggs and vanilla in a large bowl. Mix well.
3. Add cocoa powder, baking soda, salt, pepper, turmeric powder and flour. Mix after each addition. The mixture will be thick.
4. Scrape batter into the pan and spread evenly. Tap bottom of the pan.
5. Bake for about 20 minutes or until a toothpick inserted in the middle of the brownies comes out clean.
6. Let the brownies cool completely at room temperature or place in refrigerator to chill.





## DELICIOUS HOMEMADE CHOCOLATE

Pour this chocolate over ice cream or frozen yogurt to use it as your own Magic Shell. Or, make the batch thicker and you have yourself a homemade chocolate bar.

### INGREDIENTS

- 1/4 cup raw coconut oil
- 2/3 cup cocoa powder
- 1/4 tsp turmeric
- 1/4 tsp cayenne pepper
- 1/4 tsp sea salt
- Pinch of black pepper
- 2 tbsp coconut crystals
- 2 tbsp coconut milk

### INSTRUCTIONS

1. Melt coconut oil by running warm water over the jar or melting in a pot.
2. Add cocoa powder to the coconut oil. Add milk or a natural milk alternative if you want a milk chocolate. Leave it out otherwise.
3. Add natural sweetener, if desired.
4. Add in salt, pepper, turmeric and cayenne pepper.
5. Stir together to form the base for any chocolate treat.
6. Pour into a glass container or a candy mold and pop it in the freezer until it hardens. You can also leave it hot and gooey to use as a chocolate fondue or a chocolate glaze.



## TURMERIC BANANA BREAD

This bread makes a great snack anytime. Make a few loaves and freeze for company!

Preheat oven to 350°F and lightly grease bread pan with coconut oil.

### INGREDIENTS

- 3 ripe bananas, mashed
- 1 1/2 cups almond meal
- 3/4 cup coconut oil
- 1/4 tsp sea salt
- 2 tbsp cinnamon
- 1/12 tsp ground cloves
- 1 tsp turmeric powder
- 2 tbsp honey
- 3 eggs
- 2 tsp pure vanilla extract
- 1 tsp baking powder
- 1/2 cup walnuts, chopped
- Fresh whipped cream

### INSTRUCTIONS

1. Mix all ingredients except nuts and whipped cream in a large bowl.
2. Fold in nuts.
3. Bake for 50 to 60 minutes or until bread is golden brown and springs back when touched lightly.
4. Allow to cool and serve with fresh whipped cream and cinnamon sprinkles.
5. Store in an airtight container in the refrigerator.



# OATMEAL RAISIN TURMERIC COOKIES

These healthy and wholesome cookies will have your family begging for more.

Preheat oven to 350°F and grease a cookie sheet with coconut oil.

## INGREDIENTS

- 2 cups all-purpose gluten-free flour
- 1/2 cup flax seed meal
- 1 tsp baking soda
- 1 tsp sea salt
- 1 tsp turmeric powder
- Pinch of black pepper
- 2 sticks unsalted butter
- 1 1/2 cups coconut crystals
- 3 large eggs
- 2 tsp pure vanilla extract
- 3 cups rolled oats
- 1 cup raisins
- 1/3 cup whole flax seeds

## INSTRUCTIONS

1. In a large bowl, combine flour, flax seed meal, baking soda, baking powder, salt, pepper and turmeric.
2. Combine butter, sugar, eggs and vanilla in another bowl, then mix with a hand mixer until fluffy.
3. Combine mixtures and stir until flour is well blended. Add oats, raisins and flax seeds. Do not overmix.
4. Form mixture into balls and place cookies 2 inches apart on baking sheet. Sprinkle the top of each cookie with flax seeds.
5. Bake 11 to 14 minutes or until cookies are brown but still moist in the middle.
6. To ensure that all cookies are evenly cooked, rotate the baking sheet halfway through cooking.
7. Allow cookies to cool before removing from the pan.

