SPICE UP YOUR LIFE · HEALTH COACHING FOR MIDLIFE WOMEN JUGGLING IT ALL

Spice Up Your Life

Who said healthy had to be bland?

Why bother with a pinch?

Every pinch brings antioxidants your body likes. It also brings the flavor, so healthy food tastes like something your whole family actually wants to eat, without piling on salt and sugar.

> Spices are where I get creative. I sneak as many as I can into everything I cook and bake. I never measure. I just open the cabinet, pick a spice and shake.

Meet your spice rack

Don't overthink it. Just sprinkle some in, fresh or dried.

Cinnamon — *warm and cozy*

Good for steadying blood sugar after meals

Try on oatmeal or sweet potatoes

Turmeric — *earthy, a bit peppery*

Good for calming inflammation

Try in scrambled eggs with black pepper

Ginger — *zingy and bright*

Good for settling an upset stomach

Try in tea or in a stir-fry

Cayenne — *hot, hot, hot*

Good for circulation and easing aches

Try a tiny pinch in eggs or chili

Cardamom — *floral and citrusy*

Good for digestion and fresher breath

Try in banana bread or granola

Nutmeg — *nutty and warm*

Good for a cozy bedtime ritual

Try a pinch grated into warm milk

Basil — *sweet and peppery*

Good for your bones

Try over pasta, pizza or eggs

Cilantro — *fresh, or soap*

Good for antioxidants. Tastes like soap? Blame your genes.

Try on tacos or in salsa

Mint — *cool and fresh*

Good for calming a bloated belly

Try as tea after dinner

Oregano — *earthy and bold*

Good for a big dose of antioxidants

Try on pizza or tomato sauce

Rosemary — *piney and woodsy*

Good for making your kitchen smell amazing

Try with roast potatoes or chicken

Thyme — *a little lemony*

Good for coughs and stuffy chests

Try in soup or on mushrooms

Now what? Flip the page.

Spice up every meal

You don't need a whole new recipe. Just add it to your normal food.

Breakfast	Stir cinnamon into your oatmeal, tear some basil over scrambled eggs or grate fresh ginger into a smoothie.
Lunch	Bland salad be gone with just a handful of basil, mint or cilantro. Shake a little oregano onto avocado toast, or get brave with a pinch of cayenne.
Dinner	Roast potatoes and chicken with rosemary and thyme or amp up that stir-fry game with ginger and garlic. Curry over rice, anyone? Curry powder is a whole spice rack in one jar, turmeric included.
Snacks & Drinks	Sip ginger tea after a meal, or sprinkle cinnamon on apple slices with peanut butter.
Sweets	Baking? Use them all. A little nutmeg, cardamom, cinnamon and ginger goes a long way. My secret touch is cinnamon in chocolate chip cookies. It brings out that chocolate flavor.

Mix your own

Store-bought blends often sneak in salt and sugar. Making your own takes two minutes and an old jar.

Cozy

4 parts cinnamon, 1 part nutmeg, 1 part cardamom

For oatmeal, baking

Golden

4 parts turmeric, 2 parts ginger, 1 part black pepper

For eggs, soups, rice

Italian night

2 parts oregano, 2 parts thyme, 1 part basil, 1 part rosemary

For pasta, pizza, roasted veggies

How to start

1. **Raid your cupboard.** Do a sniff test. No smell means no flavor. Ground spices last about a year.
2. **Pass the spice bottle.** Have a different family member pick the spice each week.
3. **Keep them in sight.** You see them, you use them. Just put your current top three next to the stove.
4. **Start with a pinch.** You can always add more but you can't take that tablespoon of cayenne back.

General education from a health coach, not medical advice. Check with your doctor before using large amounts of turmeric or cinnamon especially if on meds or have diabetes.
Sources: Johns Hopkins Medicine, Five Spices with Healthy Benefits; Singletary, Nutrition Today (2016).

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