

How to Tuesdays

Turmeric Paste

Turmeric is one of the BEST anti-inflammatory herbs/spices. It is good for SO MANY health concerns. Here is an easy way to incorporate it into your busy lifestyle. This simple recipe for turmeric paste can be added to numerous dishes, made into a smoothie, used as a sandwich spread, eaten on crackers or veggies or added to warm milk.



1/4 cup turmeric powder
1/2 cup water
1/4 tsp pepper (pepper makes the turmeric more bio-available)

Mix ingredients, heat on stove until thickened--this doesn't take long!

Store in frig--will keep forever. Well, maybe not forever.

Golden Milk

1 cup milk
1/4 tsp turmeric paste

Heat on stove, then add honey to taste. Can add cinnamon, too! This is a very warming and relaxing drink; after all, autumn is here!



When I have any inflammation, I drink 2 or 3 cups of this a day.

Smoothie

Use my smoothie matrix on my [website](#) for infinite possibilities! Or, short and easy: milk, turmeric paste, honey, cinnamon.