5 Healing Spice Recipes

Now you’ve discovered just a small number of the health benefits healing spices provide, it’s time to figure out how to use them. While some spices can simply be sprinkled over food, it’s often much better to actually cook them.

When cooked, the beautiful flavors and aromas of the spices are released. These can really enhance the senses! So, what recipes can healing spices be used in? Here, you’ll discover 5 healing spice recipes you’ll definitely want to try.

1. Black pepper and saffron rice

If you fancy creating an Indian inspired dish, this black pepper and saffron rice recipe is just what you need. You can eat this delicious side dish alongside many types of dishes. It would even taste great served alongside a simple chicken recipe.

This rice is packed full of healing spices. As well as black pepper and saffron, it also contains ground cumin and cumin seeds. Check out the recipe here:

<https://chopra.com/articles/the-healthy-spice-cabinet-7-healing-spices-and-2-recipes>

2. Backyard Brisket

If you love barbequed meat, you’ll love this Backyard Brisket recipe! It may take a while to cook, but the results will definitely be worth it!

What makes this recipe so great, is the fact it uses extra course black Malabar pepper. This is the healthiest type of black pepper you can use if you’re trying to focus on its healing properties. Check out the full recipe here:

<https://www.savoryspiceshop.com/brisket-recipe>

3. Black Garlic Meatballs

Another mouth-watering meat recipe, these black garlic meatballs are a must-try! They’re packed full of flavor and contain great healing spices such as Malabar black pepper and black garlic. Find the full recipe below.

<https://www.savoryspiceshop.com/recipes/black-garlic-meatballs.html>

4. Lemon and Turmeric Chicken

This is a recipe you’re going to love if you enjoy a strong, citrus flavor. Soaking fresh chicken in a turmeric and lemon juice mix significantly boosts its flavor and produces a healing powerhouse recipe!

It tastes particularly great served alongside a spinach satay side dish, or you can serve it alongside rice for a simple dish. Check out a delicious lemon and turmeric chicken recipe here.

<http://www.geniuskitchen.com/recipe/turmeric-lemon-chicken-19687>

5. Quinoa Brownies

If you’re looking for healthy brownie recipe, these Quinoa brownies are highly recommended. Containing ground Cardamom, crystalized ginger and quinoa flour, these brownies are super-satisfying and super-healthy too.

Check out the recipe for these delicious brownies below.

<https://chopra.com/articles/the-healthy-spice-cabinet-7-healing-spices-and-2-recipes>

These are just 5 healing spice recipes you’re guaranteed to enjoy. Why not take a look online for more great ideas? You’ll find literally hundreds of recipes you can use healing spices in.