Ways to Use Healing Spices

There’s more ways to use healing spices than simply adding them to your favorite dish. While they’re definitely easy to sprinkle over and add to various recipes, you may also want to consider adding them into your life in other ways.

Not sure where to start? Here, you’ll discover the best ways to use healing spices and the best foods to pair them with if you are adding them into your diet.

How to use Turmeric

Turmeric is largely used in Indian dishes. So, you’ll find it easier to use as an addition to homemade curry. However, there are other ways to use it.

You can choose to use either the ground powder or the fresh turmeric root. The powder is the easiest to come by. The best foods to pair turmeric powder with include rice, cauliflower, chicken and warm nut milk. Try adding half a teaspoon to some warm nut milk as a unique, soothing refreshment.

How to use Cinnamon

You can purchase cinnamon as a whole bark, or in dried powder form. If you’re buying and using the powder, you’ll notice it has a stronger taste than the whole bark does.

The great thing about cinnamon is that it can be used in a huge number of ways. It can be paired with yoghurt, smoothies, granola, sweet potatoes, cakes, bananas and even popsicles!

How to use Ginger

Ginger is typically bought in root form and it can be grated into numerous dishes. While it’s great in smoothies and added to curries, the spice can also be used in numerous other ways.

Some of the best ideas to use ginger include adding it to warm milk, creating a gingerbread latte, and adding it alongside Turmeric to make a super healing tea.

How to use Paprika

Paprika is used a lot in savory dishes and there’s a wide variety of ways it can be used to boost the health.

Some of the best methods for using this popular spice include adding it to a meat rub and using it to season corn on the cob. It can also be sprinkled over popcorn.

How to use Cumin

Cumin is best used in Mexican style dishes. However, it can also be used in other great ways.

The cumin seeds can be added to muffins and bread mixes. It is also great to use in falafels, or into a cheese omelet. You can even mix it into oil and use it to fry vegetables.

There are so many different ways you can use healing spices. Don’t forget, many of them are also available in supplement form for those who aren’t keen on cooking!