

It only takes
a second...



Feeling Good

YOU'VE GOT TO TRY Turmeric

This spice is a staple in Ayurvedic medicine—with good reason. Recent studies suggest that curcumin, a substance found in turmeric, can reduce inflammation, improve blood flow, and help ward off some viruses. Plus, even a small amount of turmeric may improve your digestion—and cuisine. Here are a few ways to work it into your day.

BY Kate Rockwood

START HERE!

I COULD USE A
LITTLE A.M.
ADVENTURE.

I NEED A
POSTLUNCH
PICK-ME-UP.

HELP ME
SPICE UP MY
NIGHT!

SIT-DOWN
BREAKFAST

TAKE IT
TO GO

SNACK

SIP

MEAT
LOVERS

CARB
FIENDS



TURMERIC SCRAMBLE

Add a generous pinch of **ground turmeric** to scrambled **eggs**, or ½ tsp. to a frittata—it pairs beautifully with kale and sweet potato and peppers. It's also a great way to add warmth without hot sauce.



SUNSHINE SMOOTHIE

To whip up a healthy drink, blend ½ cup **orange** or clementine slices, 1 **banana**, 1 cup **yogurt**, ½ tsp. **ground turmeric** (or ½-inch grated), ½ tsp. **ground ginger**, and 1 tsp. **honey** (optional).



MIXED NUTS 2.0

Coat 2½ cups whole raw **nuts** with 2 Tbsp. **vegetable oil**, 1 tsp. **cayenne**, 2 tsp. **ground turmeric**, and ½ tsp. **salt**. Bake at 300° until fragrant, about 15 minutes. The spice will fire up your afternoon.



MILK AND HONEY

Try this treat from Manjit Gill, corporate chef at India's ITC Hotel Group: In a saucepan, bring to a boil 2 cups **whole milk**, 1 tsp. **ground turmeric**, ¼ tsp. **ground ginger**, and a pinch of ground **black pepper**. Remove from heat and stir in **honey** to taste.



A BOLDER BUTTER

In a food processor, combine 1 stick **butter**, softened; 1 Tbsp. **ground turmeric**; ¼ tsp. **salt**; and ¼ tsp. **black peppercorns**. Rub on chicken before roasting or brush onto lamb chops hot from the oven.



MAC AND CHEESE WITH BENEFITS

Stir ½ tsp. **ground turmeric** into prepared **mac and cheese** to give the comfort food a kick.