

THE EASY GUIDE TO Spices



BAY LEAVES

- HEALTH BENEFITS:** Reduces inflammation and helps regulate blood sugar.
- ENJOY IT IN:** Soups, stews.



CAYENNE PEPPER

- HEALTH BENEFITS:** Helps burn calories and reduces risk of diabetes.
- ENJOY IT IN:** Sauces, soups, marinades.



CINNAMON

- HEALTH BENEFITS:** Spices with antioxidants, lowers risk of heart disease.
- ENJOY IT IN:** Coffee, bread, desserts.



CORIANDER

- HEALTH BENEFITS:** Aids in cholesterol and helps alleviate acid reflux and digestive disorders.
- ENJOY IT IN:** Soups, meat rubs, marinades, curries.



GARLIC POWDER

- HEALTH BENEFITS:** Reduces blood pressure.
- ENJOY IT IN:** Soups, sauces, stews, meat rubs, marinades.



NUTMEG

- HEALTH BENEFITS:** Aids in muscle soreness and other pains.
- ENJOY IT IN:** Soups, coffee, breads, desserts.



PAPRIKA

- HEALTH BENEFITS:** Fruits and leaves of red paprika offer strong antiviral activity.
- ENJOY IT IN:** Stews, soups, sauces, marinades, sauces.



STAR ANISE

- HEALTH BENEFITS:** Offers powerful antifungal properties.
- ENJOY IT IN:** Soups, stews.



CARDAMOM

- HEALTH BENEFITS:** Decreases blood pressure and lowers risk of heart disease.
- ENJOY IT IN:** Curries, tea, desserts.



CHILI POWDER

- HEALTH BENEFITS:** Helps reduce heartburn and indigestion.
- ENJOY IT IN:** Chili, meat rubs, stews.



CLOVES

- HEALTH BENEFITS:** Supports immune system while preserving bone density.
- ENJOY IT IN:** Chili, curries, soups, marinades, desserts.



CUMIN

- HEALTH BENEFITS:** Aids in circulation of blood, helping the body manage stress better.
- ENJOY IT IN:** Curries, soups, stews, meat rubs, marinades.



GINGER

- HEALTH BENEFITS:** A natural nausea remedy.
- ENJOY IT IN:** Curries, marinades, desserts, bread.



OREGANO

- HEALTH BENEFITS:** Aids in immune system strong by inhibiting bacterial growth.
- ENJOY IT IN:** Marinades, sauces, soups.



ROSEMARY

- HEALTH BENEFITS:** A natural memory enhancer and mood booster.
- ENJOY IT IN:** Soups, sauces, meat rubs.



THYME

- HEALTH BENEFITS:** A natural remedy for respiratory problems and congestion.
- ENJOY IT IN:** Soups, soups, meat rubs, marinades.

Spices A Culinary Guide To Choosing And Using Spices

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