

NJSNA SPICE RACK



NUTMEG

Health Benefits of Nutmeg



- Provides relief from insomnia
- Helps to lower blood pressure
- Helps to eliminate bad breath
- Helps to dissolve kidney stone
- Boosts health of bones in body
- Aids to improve digestive health
- Helps in elimination of toxins from body
- Effective against growth of cancerous cells
- Beneficial in maintaining optimal brain health
- Helps to reduce inflammation and irritation of skin
- Helps to reduce pain caused by wounds, injuries and arthritis
- Induces secretion of various gastric and intestinal juices that ease digestive process



Nutrients*
Dietary Fiber 83%
Fat 56%
Calories 26%
Carbohydrate 16%

Vitamins*
Thiamin 23%
Folate 19%
Vitamin B6 8%
Niacin 6%

Minerals*
Manganese 145%
Copper 51%
Magnesium 46%
Phosphorus 21%

Caution: Avoid excess consumption of nutmeg

*% Daily Value per 100g. For e.g. 100g of nutmeg (ground) provides 23% of daily requirement of thiamin.

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Vegetables

Nutmeg is not just for dessert recipes. You can also use it on such vegetables as sweet potatoes, red potatoes, carrots, pumpkin, winter squash, cabbage, broccoli, cauliflower and spinach. Along with nutmeg, add a pat of butter, olive or coconut oil to the vegetable for an intensely flavorful combination.

Fruit

Fruit tastes and looks wonderful all by itself, and ground nutmeg kicks up both flavor and visual appeal. Sprinkle nutmeg onto raw or cooked apples, bananas, peaches, nectarines, pears, pineapple or mango. Cut up several fruits to make a mixed fruit salad, dust the fruit with nutmeg, and squeeze a little fresh lemon evenly onto the dish.

Breakfast Foods

Breakfast foods don't have to be served only in the morning. They can be a meal no matter what time it is. Using ground nutmeg on them greatly enhances their flavor. Sprinkle nutmeg over the top of quiche, scrambled eggs, omelets, pancakes, French toast and breakfast baked goods like muffins.