

NJSNA SPICE RACK



TURMERIC

Eat & Drink Turmeric:

Top 10
Health Benefits of
Turmeric

Top 10
Benefits of Turmeric

- Relieves Arthritis
- Controls Diabetes
- Immunity Booster
- Prevents Alzheimer's Disease
- Improves Digestion

Check out 5 more health benefits of turmeric at
www.top10homeremedies.com

1. Add it to scrambles and frittatas. Use a pinch of turmeric in scrambled eggs, a frittata, or tofu scramble.
2. Toss it with roasted vegetables.
3. Add it to rice.
4. Try it with greens.
5. Use it in soups.
6. Blend it into a smoothie.
7. Make tea.