

A TOUCH OF SPICE

When it comes to gut health, adding in is just as important as crowding out. Many herbs and spices have numerous health benefits, and you can take advantage of these benefits simply by including them in your diet on a regular basis!

The herbs and spices listed below can positively influence the health of the gut microbiome and gut flora. Read on for some cooking tips, as well as some delicious recipes – and have fun experimenting on your own!

HERB/SPICE AND TIPS

BASIL: Fresh 1 tsp - 1 tbsp. Dried crushed leaf 1/8 - 1/4 tsp

- **Tips:** Can be grown in a windowsill and used fresh. Fresh leaves make a wonderful tea! From India, but it's used in many Italian dishes as a garnish or ingredient.

BLACK PEPPER: Ground peppercorns 1/4 - 1/2 tsp

- **Tips:** Best when crushed right before use. Store away from light.

CARDAMOM: Ground seeds 1/8 - 1/4 tsp

- **Tips:** For the best flavor, buy cardamom pods, then crush the seed pods right before cooking. Use in baking or to flavor coffee, soups, and stews.

CINNAMON: Ground 1/8 - 1/2 tsp

- **Tips:** Use ground cinnamon or cinnamon sticks. Use in baking, cooking, or to spice up hot cocoa, apple cider, and other beverages.

DILL: Dried 1/8 - 1/4tsp. Fresh sprigs 2-3.

- **Tips:** It's in the same family as parsley. Try swapping parsley for dill for a fresh new flavor.

FENNEL: Seed 1/8 - 1/4 tsp

- **Tips:** Use bulb, leaf, or seeds as seasoning. Fennel leaves are best used to add a sweet flavoring to soups or stocks. Fennel seeds are best in cooked dishes. The bulb of fennel can be grilled, eaten, or used in stocks and stews.

GARLIC: 1 clove

- **Tips:** Garlic can be eaten raw or cooked. Cooking reduces potency. The flavor of garlic is strongest 5-10 minutes after chopping a clove. Parsley can be used to balance any lingering flavor.

GINGER: Dried 1/4 tsp. Freshly grated root 1/4 tsp - 1 tbsp.

- **Tips:** Use fresh, dried, pickled, or cooked ginger to add a warm spice to foods and drinks, or use as a digestion aid.

OREGANO: Dried 1/4 tsp. Fresh 1/8 tsp.

- **Tips:** Use fresh or dried. Dried oregano is more flavorful. You only need half as much when used fresh!

ROSEMARY: Fresh minced 1/2 - 2 tsp. Dried cracked 1/8 - 3/4 tsp.

- **Tips:** Use fresh or dried. To prepare fresh rosemary, pull leaves off of stem and chop. Great with savory dishes!

SAGE: Dried 1/2 - 2 tsp. Fresh leaves 3-4.

- **Tips:** Use fresh or dried leaves. Two tsp of fresh equals 1 tsp dried. Sage leaves add a great flavor to savory dishes when sauteed in oil, ghee, or butter!

TURMERIC: Powder 1/4 - 3/4 tsp

- **Tips:** Get the most out of turmeric by combining it with a pinch of black pepper and some sort of fat to increase its bioavailability.

FIVE RECIPES

Here are five recipes chock-full of gut-healthy ingredients!

BEET-CARROT-PARSNIP-FENNEL EXTRAVAGANZA

V VG DF GF



PREP TIME: 10 min



COOKING TIME: 45 min



YIELD: 6

INGREDIENTS

- 5 small beets
- 3 big carrots
- 2 parsnips
- 1 fennel bulb
- 2 tbsp olive oil
- 1/2 tsp sea salt

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Scrub all vegetables.
3. Chop vegetables into 2-inch pieces, and finely chop fennel bulb.
4. Mix vegetables with oil and sea salt. Transfer them to a baking dish.
5. Bake uncovered for 30 minutes.
6. Cover and bake for 15 minutes.

TURMERIC GINGER CINNAMON LATTE

V VG DF GF



PREP TIME: 5 min



COOKING TIME: 5 min



YIELD: 1

INGREDIENTS

- 1/2 - 1 cup of almond or coconut milk
- 1 tsp of turmeric
- 2 cm of fresh or 1/4 - 1/2 tsp of ground ginger
- 1/4 tsp of ground cinnamon
- Pinch of black pepper
- Honey to taste

DIRECTIONS

1. Blend all ingredients.
2. Warm in a small pot on the stove and pour into mugs.
3. Top with a pinch of cinnamon if desired.

RICE PUDDING

V VG DF GF

 **PREP TIME:** 10 min

 **COOKING TIME:** 10 min

 **YIELD:** 6

INGREDIENTS

- 2 cups of cooked rice
- 1-2 cups of coconut water, rice milk, or water
- 1 cinnamon stick or 1 tsp of ground cinnamon
- 10 cardamom pods or 1/2 tsp of ground cardamom
- 1/2 cup of raisins
- 1/2 cup of shredded coconut
- 2 tbsp of maple syrup

DIRECTIONS

1. Place all ingredients in a pot, and bring to a boil.
2. Reduce heat. Let simmer. Stir occasionally.
3. Continue cooking until raisins are plump, coconut is soft, and most of the liquid has evaporated.
4. Taste, and add more sweetener if desired.

ROSEMARY-INFUSED OLIVE OIL

V VG DF GF

 **PREP TIME:** 10 min

 **COOKING TIME:** none

 **YIELD:** 1 cup

INGREDIENTS

- 1 cup of olive oil
- Large handful of fresh rosemary leaves (5-6 sprigs)

DIRECTIONS

1. Add a large handful of rosemary leaves to a blender, and add just enough olive oil to cover them.
2. Blend on high for 3-4 minutes.
3. Strain, and let the oil sit in a jar overnight.
4. Collect the “clean” oil, leaving behind any residue that may have settled at the bottom of the jar.
5. Ta da! Refrigerate for up to one month.

CAULIFLOWER BREAD STICKS

VG

GF



PREP TIME: 10-15 min



COOKING TIME: 45 min



YIELD: 6

INGREDIENTS

- 1/2 head of cauliflower
- 2 eggs (farm fresh is the best)
- 2 cloves of garlic
- 1/2 red pepper
- 1 tsp rosemary
- 1 tbsp oregano
- 1/2 tsp ground black pepper
- 1/4 cup grated Parmesan or vegan Parmesan cheese

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Food process or grate 1/2 head of cauliflower.
3. Chop or use food processor to combine garlic, herbs, red pepper, and ground pepper. Then, mix with cauliflower.
4. Whisk eggs separately, and combine with cauliflower mixture.
5. Add cheese. Mix to evenly combine.
6. Line baking tray with parchment paper, and spread out an even layer of the mixture onto the tray.
7. Bake for 30 minutes, then carefully flip over. Bake for an additional 15 minutes, until both sides are golden brown.
8. Remove from oven. Let cool for 5 minutes.
9. Cut into 1/2-inch strips. Enjoy with any dips, marinara, hot sauce, bean dips, or curries. The list is endless!