



## NATIONAL AYUSH MISSION UTTARAKHAND



- Turmeric, the regular kitchen ingredient of India, is also recognised for its medicinal properties.
- Turmeric has been used in curing different types of ailments like cold, cough and congestion.
- Turmeric is a good source of curcumin, an antioxidant that eases inflammation, enhances immunity and relieves pain.
- Turmeric contains 3-6% polyphenolic compounds, collectively called curcuminoids (mixture of curcumin, demethoxycurcumin and bisdemethoxycurcumin).
- As the world grapples with Covid-19 pandemic, preventive health has come to the force, and this wonder spice deserves a closer look both as food and medicine.

### TURMERIC LATTE

#### *Ingredients :*

- 1 glass milk
- 1inch fresh turmeric or 1tsp turmeric powder.
- Half tsp, ground ginger
- Half tsp, cinnamon
- Pinch of black pepper



#### *Preparation :*

- Boil one and half glass milk for 3 minutes.
- Add 1inch ground fresh turmeric, half tsp. ginger, half tsp cinnamon and pinch of Black Pepper.
- Let the mixture boil and reduce it to 1 glass.
- Cinnamon powder may be sprinkled over it for garnishing.

## TURMERIC CHUTNEY

### *Ingredients :*

- 1inch fresh turmeric (if not 1tsf of turmeric powder)
- 1inch ginger
- Green chilles 1-2
- Half tbsf. Jaggery
- Half Lemon juice (medium sized)
- Pudina/Coriander/Curry leaves 15-20 leaves
- Temper with ghee, Mustard seeds
- Pinch of hing (Asafoetida) and Black Pepper.



### *Preparation :*

- Wash turmeric, ginger, green chilles, coriander, and pudina/curry leaves in running water.
- Slice turmeric, ginger, green chilles into small pieces.
- Take all the ingredients in a ginger chutney jar along with jaggery.
- Add water as per need.

## TURMERIC TEA

### *ingredients :*

- 4 cups water
- 2 tsp turmeric
- 1 tsp honey or orange juice
- Mint leaves for garnishing

### *Preparation :*

- Boil 4cups water on stove
- Add 2 teaspoons of turmeric and stir
- Simmer for about 5-10 minutes.
- Strain the tea into another container.
- Add honey, freshly squeezed orange juice or milk.

