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Nutrition Consulting • Cancer Coaching

Tasty Turmeric Recipes

Cathy Biase

<http://www.cathybiase.com>

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Coaching

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Enjoy these delicious Turmeric recipes!

Fruits

- ☐ 1 Avocado
- ☐ 1/4 cup Blueberries
- ☐ 1/2 Lemon
- ☐ 3/4 cup Pineapple

Seeds, Nuts & Spices

- ☐ 3/4 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1 tbsp Flax Seed
- ☐ 1 tbsp Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 3/4 tsps Turmeric
- ☐ 1 tbsp Turmeric Root

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 1/2 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1 cup Chickpeas
- ☐ 1/2 cup Jasmine Rice
- ☐ 2 cups Organic Coconut Milk

Baking

- ☐ 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 227 grams Chicken Breast

Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 3 1/2 tsps Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Tahini

Other

- ☐ 4 Ice Cubes
- ☐ 1 1/2 cups Water



Turmeric Hummus

2 servings

10 minutes

Ingredients

1 cup Chickpeas (cooked)
1/2 Garlic (clove)
1 1/2 tsps Tahini
1 1/2 tbsps Apple Cider Vinegar
2 tbsps Extra Virgin Olive Oil
1/4 tsp Turmeric
1/4 tsp Sea Salt

Directions

1

Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With, Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers, Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



Zucchini Alfredo with Turmeric Chicken

2 servings
20 minutes

Ingredients

2 Zucchini
1 tbsp Extra Virgin Olive Oil
227 grams Chicken Breast (sliced)
1 tsp Turmeric
1 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1 Avocado (peeled and pit removed)
1 cup Organic Coconut Milk (canned, full-fat)
1/2 Lemon (juiced)

Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs, Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian, Use chickpeas or white beans instead of chicken.



Golden Turmeric Latte

2 servings

10 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Organic Coconut Milk (canned)
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil

Directions

1

Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.

2

Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root, Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess, Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go, Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan, Use maple syrup to sweeten instead of honey.



Turmeric Chili Rice

2 servings

15 minutes

Ingredients

1/2 cup Jasmine Rice (dry)
1/2 tsp Turmeric
3/4 tsp Chili Powder
1/4 tsp Sea Salt
1 1/2 tsps Extra Virgin Olive Oil

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Once the rice has cooked, stir in turmeric, chili powder, sea salt and olive oil. Mix well.
- 3 Divide into bowls and enjoy!

Notes

No Jasmine Rice, Use any type of rice or quinoa instead.

No Olive Oil, Use butter or ghee instead.

Serve it With, Our Lime Basil Grilled Tuna Steaks, 15 Minute Halibut with Dill Pesto or One Pan Salmon with Rainbow Veggies.



Tropical Ginger Turmeric Smoothie

1 serving
10 minutes

Ingredients

- 3/4 cup Pineapple (diced)
- 1 tbsp Flax Seed
- 1 1/2 tsps Ginger (peeled and grated)
- 2 cups Baby Spinach
- 1/2 cup Water
- 4 Ice Cubes
- 1/4 cup Blueberries
- 1 tbsp Turmeric Root
- 1 tbsp Hemp Seeds

Directions

1

Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.

2

Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.

3

Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!