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Cooking With Turmeric: Top 50 Most Delicious Turmeric Recipes (Superfood Recipes Book 14)



Synopsis

With history of usage dating back to 250 BC, this golden-yellow root vegetable of the ginger family is still as popular and important in modern society. Turmeric is known for giving that warm, peppery, and bitter flavor found in South Asian cooking in dishes such as curries. It is also known as Indian saffron and is used to substitute the costly saffron. Enjoy the many health benefits of this SUPERFOOD! Thanks to its anti-inflammatory, antioxidant, antitumor, antibacterial and antiviral potential, turmeric also has long been used as an organic medicine that aids many symptoms. One can turn to turmeric when seeking a quick remedy for headache, gastric ulcer, bronchitis, lung infection, sore throat, skin conditions, depression, countering infected wounds, boosting the immune system and the list just runs on and on! The main active compound in turmeric is curcumin which is also available as a supplement. More and more studies are recognizing the natural healing power of this amazing superfood. Now that you know the wonders of this super root, you can start adding it into your diet as much as possible using this recipe book containing the 50 most delicious turmeric recipes. Be prepared to have your world painted a healthier shade of yellow with the almighty Turmeric! Tags: turmeric recipes, turmeric cookbook, turmeric recipe book, cooking with turmeric, recipes with turmeric, turmeric dishes, turmeric drinks, turmeric desserts, turmeric soups, turmeric books, turmeric benefits, turmeric curcumin, turmeric cooking, curcumin supplements, turmeric drink recipes, turmeric drink recipe book, turmeric spice, turmeric smoothie, turmeric tea, turmeric juice, turmeric ice cream, turmeric desserts.

Book Information

File Size: 5102 KB

Print Length: 103 pages

Simultaneous Device Usage: Unlimited

Publisher: Otherworld Publishing (January 25, 2015)

Publication Date: January 25, 2015

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B00SSC25D2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #43,759 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

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Customer Reviews

I will enjoy trying many of these recipes. Relatively simple to follow, another appealing feature is that most do not require expensive special ingredients. Some photographs and a bit of proofreading would make the book even better.

Pretty informative. Lots of great recipes

This is a good medicinal and flavor herb give it a try but go easy little at a time then tast if need more you can add a little more

It's always useful to have recipe for herbs that are medicinal as well. Anyone interested in eating for your health rather than just taking medications can use these recipes for their taste as well. Love cumin and tumeric combined in those spicy dishes some of us love.....

I just bought this book and looked at the recipes and even though there's no pictures which I always prefer if I have a cookbook, I can't wait to get into these recipes, they sounds SO delicious and very easy to make, if you want to get more tumeric in your diet, buy this book :-)

Interesting recipes.

I like this book, this book show me many recipes that I don't know before. This book change my view about turmeric drinks.

Great, I would purchase from this vendor again.

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