

TURMERIC'S 3 MOST POPULAR RECIPES

Warm. Golden. Naturally Herbal.

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ABOUT TURMERIC



Turmeric is a vibrant golden root treasured for its warm earthy flavor and traditional wellness uses. It is loved in teas, milks, and simple nourishing recipes.



1

TURMERIC TEA



A soothing warm tea made with turmeric for a comforting, earthy cup.

KEY INGREDIENTS:

- Turmeric
- Hot water
- Honey
- Lemon
- Black pepper

WHY YOU'LL LOVE IT:

- ♥ Simple, cozy, and easy to enjoy any time of day.



2

GOLDEN MILK



A creamy turmeric milk drink with warming spices for a calming golden treat.

KEY INGREDIENTS:

- Turmeric
- Milk or plant milk
- Cinnamon
- Ginger
- Honey or maple syrup
- Black pepper

WHY YOU'LL LOVE IT:

- ♥ Smooth, comforting, and perfect for evenings or cool mornings.



3

TURMERIC RICE



Fluffy golden rice seasoned with turmeric for a simple and flavorful side dish.

KEY INGREDIENTS:

- Rice
- Turmeric
- Garlic
- Onion
- Broth or water
- Olive oil
- Salt
- Pepper

WHY YOU'LL LOVE IT:

- ♥ Bright, savory, and a delicious way to add color and flavor to meals.



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