
Homemade Moroccan Seasoning



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- 1 TEASPOON GROUND CUMIN
- 1 TEASPOON GROUND GINGER
- 1 TEASPOON SEA SALT
- 3/4 TEASPOON GROUND BLACK PEPPER
- 1/2 TEASPOON GROUND CINNAMON
- 1/2 TEASPOON GROUND CORRIANDER
- 1/2 TEASPOON CAYENNE PEPPER
- 1/2 TEASPOON GROUND ALLSPICE
- 1/4 TEASPOON GROUND CLOVES
- 1/4 TEASPOON GROUND TURMERIC

- MIX ALL SPICES TOGETHER.

NOTES:

- MOROCCAN SEASONING CAN BE USED TO MARINADE ALL MEATS, POULTRY, SEAFOOD AND TOFU.

- FOR SLOW COOKED BEEF OR CHICKEN:

- 500G BEEF OR CHICKEN (DICED)
- 1 TABLESPOON COCONUT OIL
- 1X 400ML COCONUT MILK
- 1-2 TABLESPOON MOROCCAN SEASONING
- BROWN BEEF OR CHICKEN IN A LARGE SAUCEPAN WITH COCONUT OIL OVER HIGH HEAT.
- ADD OTHER INGREDIENTS AND COOK OVER LOW TO MEDIUM HEAT FOR 2 TO 3 HOURS.

- MOROCCAN SCRAMBLED EGGS:

- 3 EGGS
 - 1 TEASPOON COCONUT OIL
 - 1 TEASPOON MOROCCAN SEASONING
 - 2 TABLESPOON COCONUT MILK (OPTIONAL)
 - WHISK EGGS, SEASONING AND COCONUT MILK TOGETHER.
- SCRAMBLE AS USUAL USING COCONUT OIL IN THE FRYPAN.

NUTRITION INFORMATION FOR THIS WEEKS FOCUS

HEALTH BENEFITS OF CINNAMON

- ANTIOXIDANT
- ANTIBACTERIAL PROPERTIES
- ANTI-INFLAMMATORY
- DECREASES "BAD" LDL CHOLESTEROL
- SUPPORTS INSULIN SENSITIVITY
- DECREASES BLOOD GLUCOSE
- PROMOTES SATIETY

*CINNAMON IS BENEFICIAL FOR THE MANAGEMENT OF TYPE II DIABETES, WEIGHT MANAGEMENT RELATED TO OTHER CHRONIC CONDITIONS, ALZHEIMER'S AND PARKINSON'S.

HEALTH BENEFITS OF TURMERIC

- CURCUMIN IS THE ACTIVE INGREDIENT IN TURMERIC. IT IS AN ANTI-INFLAMMATORY WHEN CONSUMED IN LARGE AMOUNTS.
- CURCUMIN INCREASES BDNF (BRAIN-DERIVED NEUROTROPHIC FACTOR) A GROWTH HORMONE WHICH CAN BE EFFECTIVE IN DELAYING BRAIN DISEASE AND AGE-RELATED DECREASE IN BRAIN FUNCTION. BDNF CAN CONTRIBUTE TO A DECREASE IN DEPRESSION.
- CURCUMIN BOOSTS THE BODY'S PRODUCTION OF ANTIOXIDANTS.