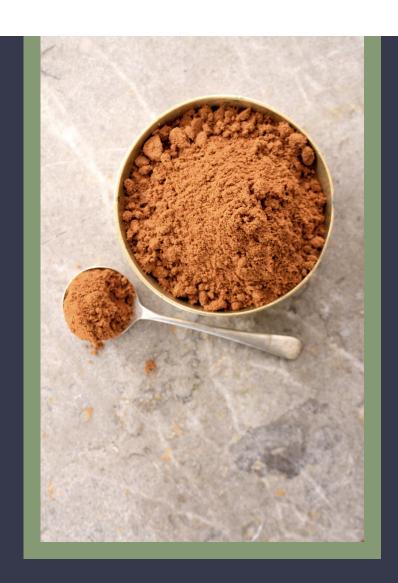
Homemade Moroccan Seasoning



Homemade Moroccan Seasoning

- 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.

