



Thankful for spice: The healthiest way to add flavor

Herbs and spices are calorie-free flavor boosters that can transform any dish. Dried spices like cumin, paprika and ginger add depth and complexity to flavors.

And they can be used to make even the least popular items delicious.

Teenagers eat
18% more vegetables
when seasoned with herbs and spices.¹



In addition to making foods taste better, many spices come with health benefits of their own:²



Black pepper is a source of antioxidants and helps your body absorb nutrients like vitamin C.³



Cayenne pepper gets its heat from capsaicin. It contains antioxidants and vitamins A and C that help fight cell damage.⁴



Cinnamon has been shown to improve blood sugar levels.⁵



Cumin has been used as a natural remedy throughout history. Studies are looking into its effect on symptoms of diabetes and heart disease.⁶



Garlic has been associated with reduced blood pressure in people with hypertension.⁷



Ginger works in both sweet and savory dishes. It offers relief from nausea.⁸



Cardamom shows promise in the prevention and treatment of disorders related to metabolic syndromes.⁹



Turmeric has been used in traditional medicine practices for centuries. It has antioxidant and anti-inflammatory properties.⁹

Add a sprinkle of health to your dishes and enjoy the delicious, layered flavors spice brings to the following recipes.

Chai tea

Makes: 8 servings | Prep: 5 mins | Cook: 16 mins

The spices in this traditional tea will warm you up from the inside. Add dairy or non-dairy milk to make it a chai latté.¹⁰

Ingredients

- 2 quarts water
- 15 cloves, whole
- 20 cardamom pods
- 20 black peppercorns
- 3 sticks cinnamon
- 8 slices ginger, ¼ inch thick, no need to peel
- ½ tsp black tea leaves, regular or decaf (approximately 2 tea bags)

Preparation

Bring water to a boil in a medium-sized saucepan. Add the cloves and boil one minute. Using a mortar and pestle, crush cardamom pods and peppercorns. Add the cardamom, peppercorns, cinnamon and ginger to the saucepan. Cover and boil for 15 minutes. Remove the pot from the heat, add the black tea and let it cool. Strain all the spices and tea leaves out, discard them and serve hot.

Nutrition (as prepared)

Serving size: 8 oz



Calories: 0 | total fat: 0 g | saturated fat: 0 g | sodium: 0 mg | cholesterol: 0 mg
total carbs: 0 g | fiber: 0 g | sugars: 0 g | protein: 0 g | potassium: 0 mg

Maple-spiced pecans

Makes: 8 servings | Prep: 5 mins | Cook: 15 mins

Pecans are a good source of fiber, protein and antioxidants. These sweet-and-spicy nuts are delicious on their own or as a topper for salad or yogurt. They make a perfect gift when packaged in a decorative glass jar or cellophane bag with a ribbon.¹¹

Ingredients

- 1 egg white
- 2 Tbsps pure maple syrup
- 2 tsps ground cinnamon
- 1 tsp ground ginger
- ½ tsp cayenne
- ¼ tsp salt
- ½ lb pecan halves
- Cooking spray (optional)

Preparation

Preheat the oven to 325°F. In a large glass or metal bowl, whisk the egg white until frothy. Whisk in the maple syrup. Whisk in the cinnamon, ginger, cayenne and salt. Using a spatula, gently fold the pecans into the egg whites, coating them evenly. To prevent the nuts from sticking, line a baking sheet with a silicone baking mat, parchment paper or lightly spray the baking sheet with cooking spray. Spread the pecans onto the baking sheet in a single layer, separating any nuts that stick together. Bake for 8 minutes. Remove the baking sheet from the oven. Using a spatula or spoon, break up any clumps. Return the pan to the oven and bake for 7 minutes. Remove the baking sheet from the oven. Stir the nuts again. Cool the nuts to room temperature before storing them in an airtight container.

Nutrition

Serving size: 1 oz



Calories: 206 | total fat: 21 g | saturated fat: 2 g | sodium: 97 mg | cholesterol: 0 mg
total carbs: 8 g | fiber: 3 g | sugars: 5 g | protein: 3 g | potassium: 135 mg



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¹<https://pubmed.ncbi.nlm.nih.gov/32999533/>

²<https://health.umms.org/2023/01/03/cooking-with-spices>

³<https://www.pharmacist.com/Blogs/CEO-Blog/black-pepper-extract-and-cyp3a4-inhibition>

⁴<https://health.clevelandclinic.org/cayenne-pepper-benefits>

⁵<https://pmc.ncbi.nlm.nih.gov/articles/PMC10708057/>

⁶https://journals.lww.com/nutritiontodayonline/fulltext/2021/05000/cumin__potential_health_benefits.8.aspx

⁷https://journals.lww.com/nutritiontodayonline/fulltext/2025/03000/potential_benefits_of_spices_in_moderating_blood.5.aspx

⁸https://journals.lww.com/nutritiontodayonline/fulltext/2023/11000/ginger_update__potential_health_benefits.9.aspx

⁹<https://pmc.ncbi.nlm.nih.gov/articles/PMC10708057/#sec5-nutrients-15-04867>

¹⁰<https://www.verywellfit.com/yogi-tea-chai-3566870>

¹¹<https://recipes.heart.org/en/recipes/heart-healthy-maple-spiced-pecans>