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Spice Blends for beans, soups, stews, stir fries, salad dressing spices: Use to spice up your kitchen, your meals, and your life!

Italian: rosemary, thyme, oregano, parsley, basil, marjoram

Curry: turmeric, cumin, coriander, ginger, chili powder, cinnamon

Chai or 'Donut' blend: cinnamon, ginger, nutmeg, cardamom, vanilla (yummy in yogurt, eggnog, nutmilks, root veggie and squash soups)

Chili powder added to tomato paste in dips, soups, stews, beans

Pulled Pork spice blend: good on anything, not just pork or meat. I make a small jar and keep it handy in my spice drawer. I use approximately 1 tbsp. of each spice: ground pepper, ground cumin, garlic powder (not salt), onion powder, paprika, chili pepper, 1 tsp. only of unrefined sea salt. Optional spices (I use a bit less, maybe a tsp. and ½): thyme, all spice, turmeric

One idea: (play with other spice blends and make your own new creations!)

Amaze yourself and use the chai blend in a root veggie and chick pea stew. It is fun! Use parsnips, carrots, rutabaga, and chickpeas and slather in a chai spiced nut butter sauce. Put your favorite nut butter and the chai spices in a blender with enough water or milk to make it blend into a sauce. Pour over the veggies you have sautéed in butter. Add chick peas, chicken, lentils.... Whatever pleases you & enjoy. Yummy!

If you would like more personalized attention around food, health and healing please contact Paula Youmell to set up a Nutrition and Health Consultation. I can be reached at the contact information above.

Enjoy radiant health today and every day!

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