

TURMERIC, CITRUS ZEST

TROPICAL TURMERIC SMOOTHIE

The combination of fruit and spice and rich-but-healthy coconut or cashew milk is my favourite before a workout or just as a get-to-work beverage! If you prefer, you can use papaya instead of mango and add three leaves of coriander (cilantro). For a thicker smoothie, freeze the coconut milk in cubes before blending.

SERVES 1

85g (3oz.) pineapple	¼ tsp cardamom seeds, toasted and ground
115g (4oz.) fresh frozen mango	1 tbsp fresh lime juice
2.5 x 5cm (1 x 2in.) strip orange peel	240ml (1 cup) coconut milk
5cm (2in.) piece (20g/¾oz.) turmeric root, or ¼ tsp ground turmeric	4–6 ice cubes
⅛ tsp cracked black pepper	1 tsp chia seeds

Put all the ingredients except the chia seeds into a high-speed single-serve blender-juicer and blend until smooth. Sprinkle chia seeds on top and serve.

TURMERIC, CLOVE, STAR ANISE, CITRUS ZEST

SPICED TURMERIC TISANE

This warming drink is spicy, aromatic and does not contain any caffeine or dairy. It is recommended that you add a little fat to any recipe containing turmeric as this helps activate turmeric's health properties. The alliance of peppercorn and turmeric makes for a powerful spice team!

SERVES 2

5cm (2in.) piece fresh turmeric, peeled and cut into 'coins', chopped	5 whole cloves
2.5cm (1in.) piece fresh ginger, peeled and chopped	3 green cardamom pods, crushed to release seeds
1 cinnamon stick, toasted	2 x 2.5cm (1in.) wide strips orange peel
6 black peppercorns	1 tbsp honey, or to taste
1 star anise	240ml (1 cup) coconut milk

Put the turmeric, ginger, cinnamon stick, peppercorns, star anise, cloves, cardamom and orange peel into a pan with 240ml (1 cup) of water and bring to the boil. Reduce the heat and simmer for 3–5 minutes or until fragrant. Turn the heat to low and steep for a further 3–5 minutes.

Remove from the heat and stir in the honey. Strain and discard solids.

Warm and froth the coconut milk, or other milk of your choice, and gently pour it into the tisane. Serve immediately.