

Supercharged with the Super7

With each pinch, dash and spoonful, spices can help boost the antioxidant power of practically everything throughout the day, from snacks and entrees to soups and beverages. Here are a few tips to get you started.

CINNAMON

Perk up your morning coffee with Ground Cinnamon. Sprinkle 1/2 teaspoon over ground coffee before brewing.

GINGER

Quench your thirst with Ginger Lemonade. Add 1/2 teaspoon Ground Ginger to 1 quart freshly squeezed lemonade or lemonade from a mix.

OREGANO

For a twist on the typical grilled cheese, prepare sandwich with sliced mozzarella cheese, sliced tomato and 1/4 teaspoon Oregano Leaves.

RED PEPPERS

Add a kick to store-bought or homemade hummus or guacamole by stirring in 1/4 teaspoon Ground Red Pepper or Crushed Red Pepper. Or, try sprinkling in a little Paprika.

ROSEMARY

Dress up ready-to-bake rolls. Just before baking frozen dinner rolls or ready-to-bake rolls, brush tops with olive oil then sprinkle with crushed Rosemary Leaves and Sea Salt before baking.

THYME

Wake up your taste buds with Herbed Scrambled Eggs. Beat 1/8 teaspoon Thyme Leaves into 2 eggs before scrambling.

YELLOW CURRY

Create a sweetly spiced Curried Pilaf by adding 1/2 teaspoon Yellow Curry to 2 cups hot cooked rice. Add flavor and texture with a handful of shredded carrots, peas, raisins or toasted sliced almonds.

