



Your Source for All Things Renal and Nutritious

Nutrition

Chillum – DC

Spring 2018

MAY

Created by Njeri Kai Jarvis MS, RD, LDN, Herbalist
202-390-4938 mobile
NKJarvis@BNHbotanicals.com
www.BearNutritionandHerbs.com

Managing Diabetes with Food!

By Njeri Jarvis, RD/LDN/GC

Though this month's demonstration focuses on diabetes management, the ideas at its foundation remain universal to good health for all in general. Diabetes management relies on whole foods rich in fiber and micro-nutrients coupled with good quality protein and probiotic rich treats.

The goal is to achieve stable glucose levels consistently. In doing this, we preserve microvascular and macrovascular systems that when stressed result in hypertension, hyperlipidemia, atherosclerosis, major depression, sleep disorders, obesity, painful neuropathy, and sexual dysfunction.

Consider This: Elevated blood glucose also known as hyperglycemia causes blood to become thick, sticky and gooey, similar to the texture of maple syrup. When this thick blood flows through the body, the blood sticks to everything, including the eyes, kidneys, blood vessels, nerves, joints, muscles, tendons, skin and Beta-cells of the pancreas that secrete insulin. As elevated blood glucose persists, glucotoxicity results in destroying Beta-cells and other tissues, including the eyes, kidneys, nerves and endothelial cells (cells between the blood and vascular walls).

DIABETES MANAGEMENT MENU

- Bitter Mellon Stir Fry with chicken
- Cauliflower Rice
 - With a Coconut Milk, Cauliflower & Ginger Sauce
- Vegetable pasta with Sweet Red Pepper Sauce w/ ground beef or turkey (optional)
- Lemon Parsley Bean Salad
- Tahini dressing over salad greens
- Anti-Inflammatory Turmeric Spice Tea
- Probiotic Rich Berry Parfait

Goals of Nutrition Management in Diabetes

The goals are to prevent diabetes from occurring by getting the pancreas to maintain a blood glucose between 85 – 140 mg/dl after eating. Aim to maintain an HgbA1C \leq 7% long-term and prevent costly long term complications associated with it (such as damage to neurons, nephrons and retinas).

Did you know that a 0.5% reduction in A1C when maintained over 10 years produces a 10.7% reduction in diabetes complications while improving all-cause mortality and direct costs attributed to glycemic burden.

5 Interventions

1. KNOW YOUR METABOLIC TARGETS (A1C, BLOOD PRESSURE, LIPIDS)
2. UNDERSTAND HOW TO BEST ACHIEVE THESE TARGETS (BEHAVIORAL AND PHARMACOLOGICAL INTERVENTION)
3. STOP SMOKING AND DO NOT START
4. BE ADHERENT WITH THE PRESCRIBED TREATMENT REGIMEN (PHARMACOLOGICAL AND LIFESTYLE)
5. RECEIVE DIRECTED AND SUPERVISED CARE FROM PROVIDERS WHO ARE DEDICATED IN ORDER TO ATAIN *Long Term Diabetes Control with:*
 - a. Pharmacotherapy
 - b. Proper Nutrition
 - c. Home Blood Glucose Monitoring
 - d. Continuing Patient Education
 - e. Increased Physical Activity Assessment and Recognition and prevention of short and long-term complications

DIRTY DOZEN & THE CLEAN FIFTEEN



Dirty Dozen

Be Mindful of the Clean 15 produce that has the least amount of pesticide residues, so conventionally grown foods are fine to purchase and eat.

Clean Fifteen

Be Mindful of the dirty dozen produce that has the highest amounts of pesticide residues, so organic versions are best.

Consider Weight Loss !

Weight loss of **10 -20 lbs can significantly improve insulin resistance** and hyperlipidemia while controlling hypertension. Reduced calorie consumption along with increased exercise can result in improved weight management. Reducing caloric intake to 1100 kcal per day has been shown to decrease fasting blood glucose levels in obese patients with Type2 Diabetes in as few as 4 days. Insulin sensitivity and fasting glucose levels decline further following 28 days of calorie restriction in obese patients with Type 2 Diabetes. This is also associated with only a 6 kg (13.2 lbs) weight loss



“Diabetes is a disorder of carbohydrate metabolism and simply avoiding “sugar” in the diet will not improve glycemic control. “

Key Goals of Nutrition Management in

- ❖ Increasing micronutrient density while, decreasing overall calories is key!
- ❖ Making vegetables and vegetable based protein the base of the diet is key!
- ❖ Improving vitamin and mineral status is key!
- ❖ Increasing phytonutrient intake is key!
- ❖ Eating fiber, protein and fat with each meal is key!
- ❖ Eating Beans regularly is key!
- ❖ Limiting fruit to 3 servings a day is key and aiming for
- ❖ high fiber low sugar fruits is key!

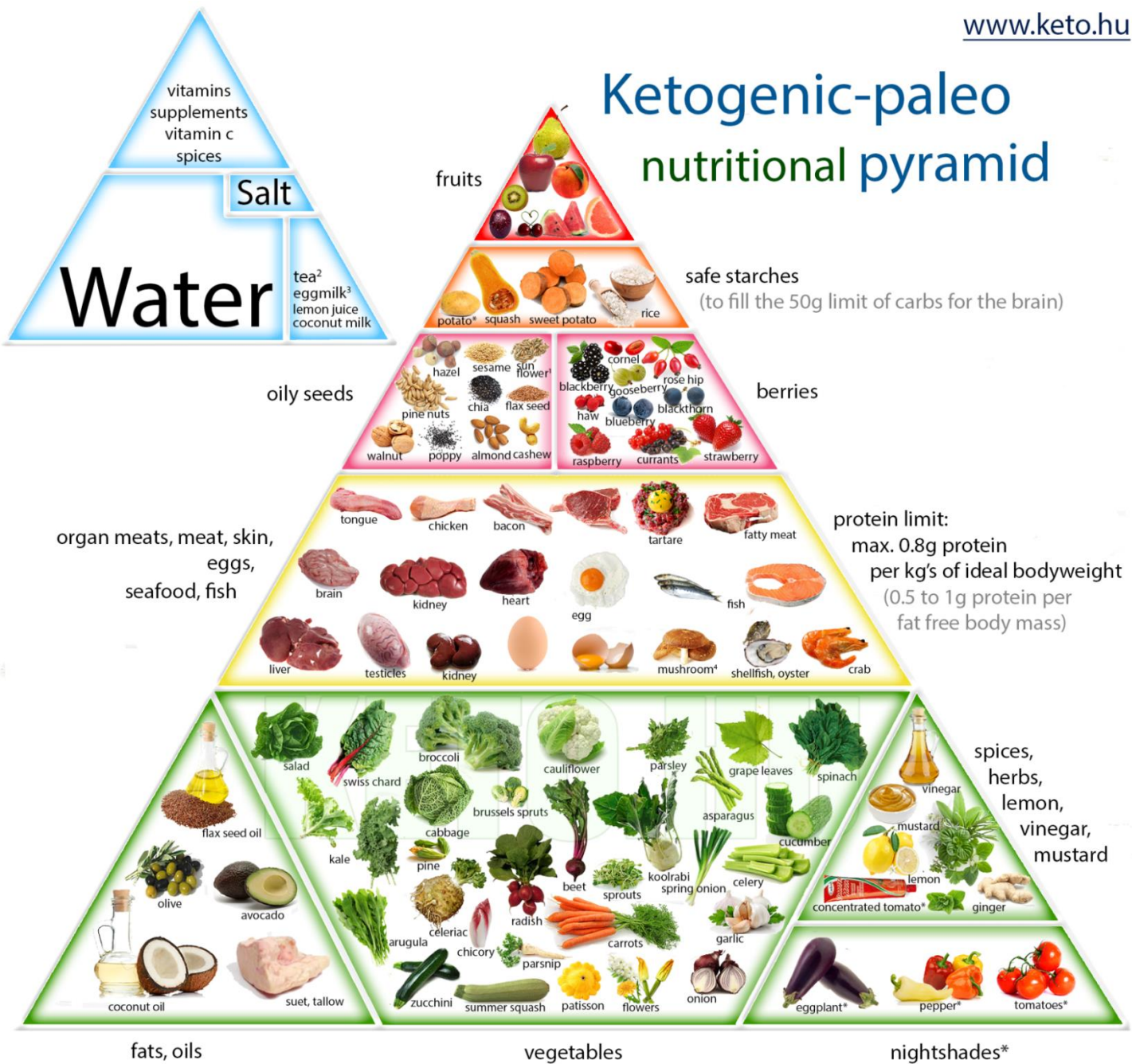
Conventional Diabetic Dietary Approach

This Food Guide pyramid is NOT The best guide to follow

Patients who reduce caloric intake by just 100 calories per day may actually lose up to 30 lbs in a year

USE THIS GUIDE

Ketogenic-paleo nutritional pyramid



This Food Guide pyramid is a health supportive guide that can be used across disease processes (Diabetes, Hypertension, Atherosclerosis, Cancer, Kidney Disease, Auto-immune and General Health and Wellness). It can be tailored to the CKD / Renal Community by limiting portions and frequency of high potassium vegetables and fruits.

Goal of the Diabetic Diet

An Integrative and Functional Approach

Achieve and Maintain High Micronutrient Content:

- ❖ Food Quality and not just Quantity is key and often overlooked.
 - Quality is needed in order to decrease food cravings and perceptions of toxic versus true hunger signals.
- ❖ To reduce oxidative stress (free radical activity) and decrease inflammation in the cells
- ❖ Aim for High Nutrient, High Volume Foods to fill up on:
 - EAT LARGE QUANTITIES of these **UNLIMITED** three categories of foods to increase micronutrients and fiber; these foods are rich in nutrients and low in calories. THESE DO NOT NEED TO BE MEASURED for those who have normal renal function but should be measured in **½ cup - 1 cup portions for CKD / Renal Diabetic** Patients to prevent excesses in potassium. Be sure to monitor and discuss your potassium levels and goals with your Health Care Team.
 1. All raw vegetables
 2. All cooked green vegetables (FOR CKD – ½ cup portions are encouraged – REVIEW YOUR POTASSIUM GOALS WITH YOUR DIETITIAN), Cabbage and ALL varieties of lettuce are safe daily choices.
 3. Non-starchy vegetables: peppers, eggplant, mushrooms (1/4 cup), onions, cauliflower, green beans, zucchini, snow peas, leeks, sprouts, radishes, cucumbers (1/4 – ½ cups).
- ❖ Limit fruits to low sugar high fiber colorful ones:
 - All the berries, lemons, limes, green sour apples, pomegranates (careful as this can be a high potassium food if large amounts are consumed), 1 clementine in place of an orange.

According to Joel Furhman MD, the advice offered to most diabetics is often drug based and it caters to American's Social and food preferences and food addictions. In contrast following a vegetable based nutrient density base diet that is weight reductive, and cardio protective can prevent and reverse diabetes

- Limit fruit to 3 servings a day. They should be eaten at the end of meals or with meals. They should never be eaten alone, but should be eaten with fat or proteins, example: yogurt, 2 Tablespoons of nut-butters or cream.
 - No Juices; Avoid juices and aim to eat a whole piece of fruit instead. See the above guidelines for best practices for eating fruit.
- ❖ Beans Daily $\frac{1}{4}$ cup daily or $\frac{1}{2}$ cup every other day. Review with your dietitian to ensure your potassium does not increase beyond your established goals.
- ❖ Nuts and Seeds:
- These should be limited to 1 oz / $\frac{1}{4}$ cup or less or 2 Tablespoons of nut butters or less every other day. Be sure to review your potassium goals with your dietitian.
 - Raw nuts that have not been roasted are most ideal. The Fat has not been heated to a high temperature and is more beneficial to the cardiovascular system as a result.
 - Unsalted are preferred. Consider that 1 serving of salted nuts can have adverse effects on your blood pressure and fluid balance.
- ❖ Consume Raw Vegetables as tolerated. Consider lightly steaming or stewing vegetables you find difficult to digest. Also, consider decreasing the portion size to 1 tablespoon to start until your body is able to tolerate larger amounts.
- Lettuce based salads and shredded cabbages with salad dressings made of fermented vinegars that contain enzymes and probiotics should be eaten with these raw vegetables to aid digestion. Kombucha is another option that can be added to aid digestion.
- ❖ Cruciferous /sulfur rich vegetables: contain phytochemicals that modify human hormones, detoxify cells and prevent toxic compounds from binding to human DNA, limiting DNA damage; block tumor formation; enhance and protect against age related loss of cellular glutathione
- ❖ Aim for choosing beans as a main starch source and one other starchy vegetable source or grain source per day: beets, carrots, peas, squashes, oatmeal, rice, corn or quinoa . The GOAL is to limit yourself to 2 Starchy foods per day especially when transitioning to improving glucose control.
- ❖ Eating more plant based protein is the key to increasing micronutrient intake. These foods are also the richest in protective nutrients and phytochemicals and lower in calories. This supports weight loss.
- ❖ Consider that foods such as green vegetables, peas and beans have more protein per calorie than meat.

Increasing Fiber

Aim to increase Fiber over all by making vegetables your base

- Soluble fiber
- Insoluble fiber
- Resistant starch (prebiotic) – these starches do not break down to sugar in the small intestine. It is instead fermented by beneficial microbes in the large intestine that then produce short chain fatty acids (SCFA).
 - They increase bacterial mass and promote butyrate producing bacteria. SCFA help the cells lining the colon and protect against cancer
 - Butyrate a SCFA has health benefits beyond protecting the colon from cancer, but it enhances the absorption of minerals which in turn helps with insulin sensitivity.
 - Amylose and Amylopectin are also examples of resistant starch.
 - SCFA help to reduce uremic toxins as well.

IMPORTANT NOTE: In switching to greater vegetable based dietary intake that includes more frequent intake of beans and vegetables may increase gas as initially they may be more difficult to digest, requiring more enzymes.

You may need to eat these foods with in very small amounts, increasing portions over time and eating them with probiotic rich foods such as **KUMBUCHA** and

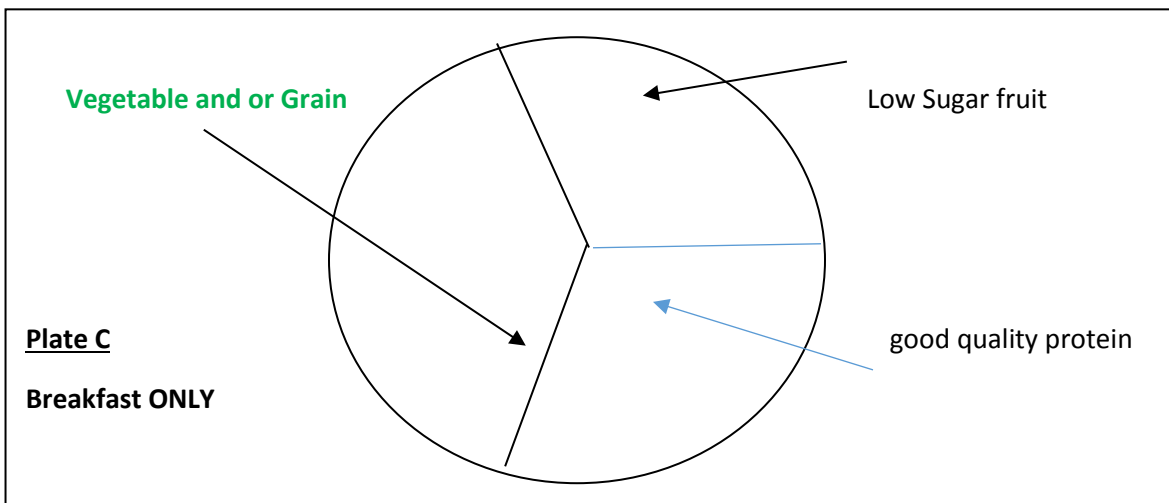
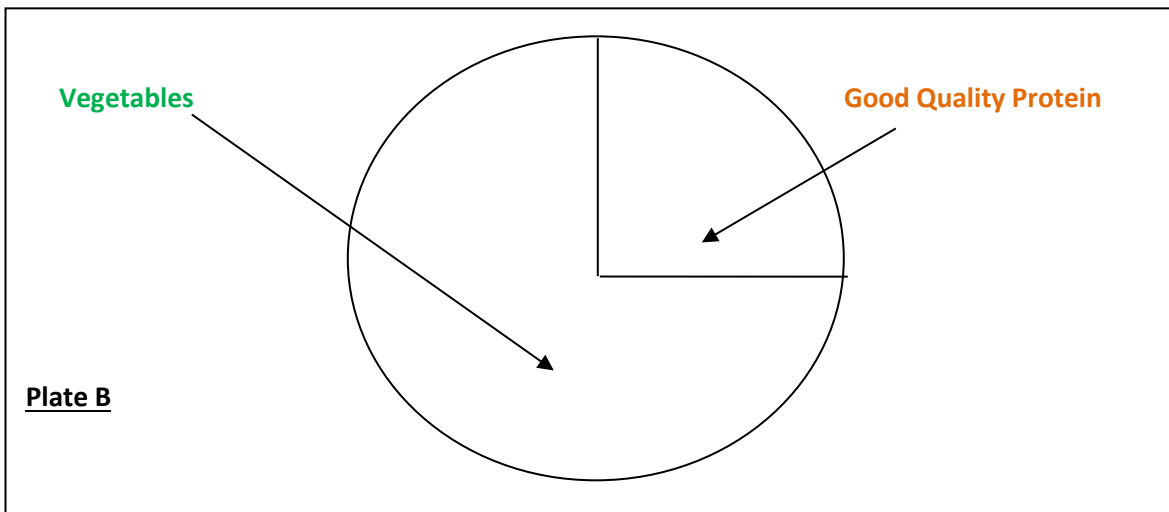
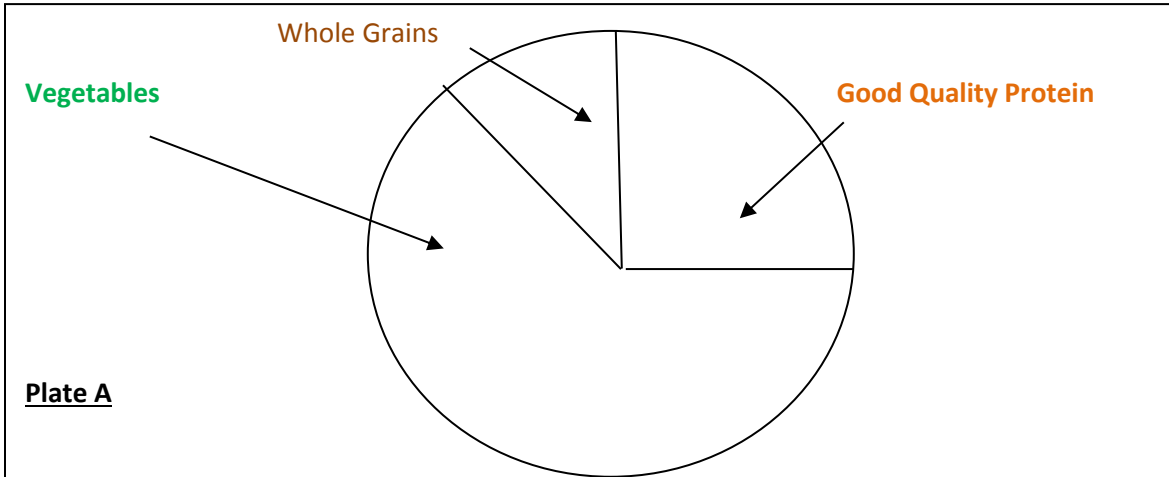
KIMCHI or **LIVE FERMENTED SAUERKRAUT** to aid in digestion of these foods long term.

Just **one additional serving** of green vegetables in a diet has been demonstrated in a meta-analysis to offer significant diabetes protection independent of the effects of weight reduction. It is thought that it is due to the beneficial effects of the high levels of micronutrients.

How to Sprout Beans:

Soak beans overnight in a jar and rinse and drain the water out every day for the next four to six days. Enjoy our bean sprouts!

What Should My Plate Look Like ?



Remember

to limit your fruit intake to no more than

3 servings

a day and aim for low sugar high fiber fruits :

Lemons

Limes

Blackberries

Blueberries

Raspberries

Strawberries

To aim for steady glucose levels

Vegetable & Protein Charts to Help Guide Us!

General Goals for people without impaired kidney function is to get 6-9 cups of the below listed Vegetables daily.

Renal Diabetic Goals 3 - 4.5 cups of the below listed Vegetables daily limiting high potassium vegetables to 1 (1/2 cup serving) Max/day.

Dark Green Leafy	Colorful and Roots	Sulfur Rich – cruciferous vegetables	Liver Tonic	Resistant Starch
Beet Greens Collard Mustard Greens Kolrabi Kale Riddichio Lettuce (Romain, Red Leaf, Ice burg)	Beets Carrots Parsnips Sweet potatoes Red New potatoes (limit to twice a week only and Soak overnight first to reduce potassium) Green beans Cauliflower	Onion Leeks Broccoli Cabbage Garlic Mushrooms Radishes Watercress Bok choy Broccoli rabe Brocollini Brussels sprouts Horseradish Rutabaga Turnips radishes	Dandelion greens Artichokes Black radish	Dry Beans Dry Legumes Sprouted Beans Sprouted Legumes No added salt canned beans Canned beans rinsed

Renal Diabetic Goal is to get 3-4 servings of Good quality Protein (1 serving = 3 oz)

Vegetable Based protein	CoQ10, CoA, Carnitine Rich Proteins for Heart Health and Cellular Energy	Essential Fatty Acid Rich (EFA – Omega 3 Rich) Proteins	Other
Beans ½ cup Legumes ½ cup Talk to your Dietitian to review your potassium trends in order to determine if you can have 3 servings a week, more or less.	Liver Heart Kidney Oysters Sardines Aim to Eat : Free Range Organic, grass fed, hormone and antibiotic free organ meats CKD Patients should limit this to 2 times per week and take their binders.	Sardines Cod Trout Salmon Note – 1 can of sardines or 3 oz piece of cold water fish is about 1000 mg EFA. 3000 mg is usually a therapeutic dose for EFA, but talk to your doctor.	Chicken, Fish, Eggs, Beef, Pork Game Yogurt Cottage cheese Kefir 1 oz cheese (Limit Dairy to 1 serving per day)

Herbal Therapeutics

Teas and Spices are Vitamin and Mineral Rich and Encourage Circulation, Vascular Health and Glucose Support

ALTERATIVES (Rich in Vitamins and Minerals and support blood cleansing)	CIRCULATORY (Good for Circulation and Vascular Health and Anti-inflammatory)	NERVINES (Support relaxation, better sleep and emotional health)	GLUCOSE SUPPORT (Help regulate glucose from spiking and falling)
Astragalus Alfalfa Burdock Root Nettles Lycii Berries (goji/wolf berries) Garlic Cordyceps (helps to support glutathione peroxidase)	Hawthorn leaves Hawthorn Berries Red Clover Ginger Flax Cardamom Clove Garlic Cayenne Pepper Tumeric Prickly Ash Yarrow Gotu Kola Ginkgo	Passion Flower Lemon Balm Lemon Verbena Milky Oats Valerian Rosemary chamomile Schissandra	Cinnamon Gymnemah (helps to support beta cells and reduce glucose) Fenugreek Milk Thistle (liver tonic also) Panax Ginseng Eleuthero

For CKD - Limit all of these to ¼ doses (25% of the regular dose) of what labels recommend since there is limited significant clinical research on CKD and herbs other than Astragalus and Cordyceps

ADDITIONAL INFORMATION

- **CoQ10** helps to increase tissue oxygenation
- **Essential Fatty Acids** help to reduce blood pressure and lower cholesterol levels along with helping to maintain healthy elasticity of the blood vessels
- **CoEnzyme A (CoA)** supports the immune system's detoxification of many dangerous substances

INDIVIDUALS WHO SLEEP LESS THAN 5 TO 6 HOURS EACH NIGHT OR WHO HAVE DIFFICULTY MAINTAINING SLEEP ARE AT HIGH RISK FOR GAINING WEIGHT AND EVENTUALLY DEVELOPING DIABETES. WEIGHT REDUCTION IS VERY CHALLENGING WITHOUT IMPROVING A PERSON'S SLEEP STATUS

What Counts as a Grain or “Grain-Like” Category

Whole Grains or “Grain-Like” Category

- Includes Starchy Vegetables - Corn, potatoes (aim for red new potatoes when choosing as they are the lowest in sugar and mold), Yams, Plantains, Split Peas, Peas, pumpkin
- Grains and Grain-like Seeds – Millet, Amaranth, Quinoa, Rice, Buckwheat/Kasha (Limit
- LIMIT / AVOID – All pasta, noodles, couscous, bread, crackers especially unless made from vegetable sourced pastas and crackers may be included if glycemic rise is minimal.

LIMIT or AVOID

Refined Grains – “refined” means processed. These grains are white breads, white pastas, white rice, grains that are “white” are stripped of the fiber and minerals that slow their digestion and keep them from elevating blood sugar levels.

Sugary Foods – sugar is immediately digested and floods the blood with high amounts of sugar too quickly. This speed makes insulin levels spike and the body has a tough time catching up.

Fried Foods – these highly energy dense foods are also low in nutrition, so you're eating a lot of unhealthy calories with harmful fats that can be taxing on the pancreas, liver, and kidneys.

No Calorie Sweeteners (that are not artificial)

			
Lakanto (erythritol plus monk fruit)	Liquid Stevia By Now Foods	Erythritol	Stevia in the Raw Powdered

According to Joel Furhman MD, the advice offered to most diabetics is often drug based and it caters to American’s Social and food preferences and food addictions. In contrast following a vegetable based nutrient density base diet that is weight reductive, and cardio protective can prevent and reverse

Sauteed Bitter Melon (Indian Style)

Ingredients Nutrition

- 1 lb [bitter melon](#) (karela)
- 2 chopped [onions](#)
- 1 [chopped tomato](#) or 2-4 Roasted Red peppers
- 2 tablespoons oil
- **Seasonings**
 - 1 teaspoon [cumin seed](#)
 - $\frac{1}{4}$ teaspoon [turmeric powder](#)
 - $\frac{1}{4}$ teaspoon [red chili powder](#)
 - 1 $\frac{1}{2}$ teaspoons [coriander powder](#)
 - $\frac{1}{2}$ teaspoon [mango powder](#)
 - $\frac{1}{2}$ teaspoon [black pepper](#)



Directions

1. Rinse bitter melon.
2. Trim on both ends as needed and scrape any blemishes or hard skin.
3. Cut into small rounds.
4. Heat the oil in a skillet on medium-high heat.
5. Add karela almost in a single layer; stir and cook until brownish.
6. Reduce the heat if they tend to burn.
7. Add the onions and all the seasonings; stir until they are cooked.
8. Add the tomato or red pepper
9. Cook slowly on medium low heat, half covered, stirring as needed, until everything is cooked.

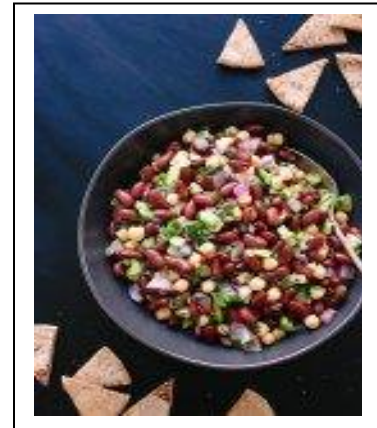
Variation: To make STUFFED KARELA: Mix all the seasonings for stuffing, substituting 1 teaspoon cumin powder for cumin seeds.

1. Using a paring knife, make a long slit in each karela, from one end to another (leaving two ends and bottom of the pod intact).
2. Keep the slit open with your thumb and use a spoon to fill the opening with the stuffing.
3. Stuff all the karela this way.
4. Cook karela in a wide skillet using 2 tablespoons oil, almost in a single layer, on medium heat.
5. Stir gently so that stuffing does not come out.
6. When half cooked, add the onions.
7. Reduce heat to medium low, cooking slowly, half covered or uncovered, until karela are browned.

Lemon – Parsley Bean Salad

Ingredients

- 2 cans (15 ounces each) red kidney beans, rinsed and drained, or 3 cups cooked kidney beans
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas
- 1 small red onion, diced
- 2 stalks celery, sliced in half or thirds lengthwise and chopped
- 3/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh dill or mint
- 1/4 cup olive oil
- 1/4 cup lemon juice (about 1 1/2 lemons)
- 3 cloves garlic, pressed or minced
- Small pinch red pepper flakes



Directions

1. In a serving bowl, combine the prepared kidney beans, chickpeas, onion, celery, cucumber, parsley and dill (or mint).
2. Make the lemon dressing: In a small bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper flakes until emulsified. Pour dressing over the bean and vegetable mixture and toss thoroughly.
3. Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours or longer. Leftovers should keep well, covered and refrigerated, for several days. If necessary, wake up leftovers with a little sprinkle of salt or drizzle of lemon juice.

Roasted Red Pepper Sauce

Ingredients

- 2 red peppers
- 1 ½ tbsp olive oil
- 1 small garlic clove, crushed
- 1 small shallot, roughly chopped or sweet onion
- 1/3 cup vegetable stock or Bone broth
- ½ tsp sugar or honey, to taste (optional)



¼ - ½ of a lemon juiced (to taste) add more for a more tangy and less sweet flavors.

Directions

1. Heat oven to 200C/180C fan/gas 6.
2. Place the peppers on a baking tray and roast in the oven for about 45 mins until the skins are blackened.
3. Remove from the oven and put into a plastic bag – this makes them sweat and the skins slip off more easily.
4. When cool enough to handle, peel off the skins with your fingers.
5. Slice the peppers open, pick out and discard all the seeds and membrane, then roughly chop the red flesh.
6. Heat the olive oil in a frying pan. When hot, fry the garlic and shallot for a few mins.
7. Add the chopped peppers and continue to fry for a few mins, stirring to combine everything.
8. Add the vegetable stock, bring to the boil, then allow it to reduce a little.
9. Pour the contents of the pan into a blender and whizz until smooth.
10. Adjust the seasoning to taste. Depending on the ripeness of the peppers, you shouldn't need any sugar – but if they retain a slightly bitter flavour, return the sauce to the pan, add sugar to taste and let it dissolve over the heat. Serve hot or at room temperature.

NOTE – we will be adding ¼ - ½ cup of tomato based sauce and seasoned grass fed ground beef to this and placing it over the Summer Squash Noodles.

Tahini Dressing

General Directions : Place all ingredients in a bowl and stir vigorously

- Tahini dressing
 - 1 small onion, coarsley chopped
 - 1 stalk celery, coarsley chopped
 - 2 Tbsp naturally fermented soy sauce
 - Juice of 2 lemons
 - ½ cup tahini
 - 4 tablespoons extra virgin olive oil
 - 1 Tbsp expeller pressed flax oil
 - 1/8 to ¼ cup water



Directions

- In a large bowl add chopped celery and chopped onion; chop finely with a hand held blender,
- Add remaining ingredients except water and blend until well blended.
- Thin with water as necessary to achieved desired consistency.

Coconut Milk, Cauliflower & Ginger Sauce

Coconut Milk Cauliflower Sauce

Cauliflower and galangal sauce:

- i. Cauliflower ½ small
- ii. White onion chopped 1 small
- iii. Coconut milk 1 cup
- iv. Chicken broth 1 cup
- v. Fresh or frozen ginger rhizome 1
(Can substitute galangal rhizome for a tangy sauce)



Directions:

1. Cut the small cauliflower florets away from the large stem at the base. Toss the florets into a pot of boiling water and simmer for 1 minute. Drain.
2. Combine the cauliflower, onion, coconut milk, and chicken broth and simmer gently until the cauliflower softens about 15 minutes
3. Cut the peel off the Ginger and slice the ginger into rounds the size of quarters.
4. Add these to the cauliflower mixture and simmer for 5 minutes more.
5. Puree with an immersion blender and strain.

Cauliflower Rice

1-ingredient cauliflower rice,
perfect for practically any dish
that calls for brown or white rice!

Serves: ~4 cups

Ingredients

1 large head cauliflower



Instructions

1. Wash and thoroughly dry cauliflower, then remove all greens and cut into 4 even sections (see photo).
2. With a box grater, use the medium-sized holes (see photo - the side commonly used to grate cheese), or a food processor with the grater attachment, to grate the cauliflower into the size of rice, leaving any large, tough stems behind.
3. Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.
4. Once you have your cauliflower rice, it's easy to cook! Simply sauté in a large skillet over medium heat in 1 Tbsp oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with soy sauce or salt and pepper).
5. Use cauliflower rice in recipes that call for rice, such as *stir fries*, *fesenjan*, or *fried rice*!

Summer Squash Vegetable Noodles

INGREDIENTS

- 2

- 2 tablespoons salted butter
- 3 garlic cloves, minced
- Pinch of red-pepper flakes
- 2 medium yellow squashes (1 pound), trimmed and cut into thin noodles (5 cups)
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped flat-leaf parsley



DIRECTIONS

1. Reduce heat to medium; add butter, garlic, and red-pepper flakes to skillet. Cook, stirring, about 2 minutes.
2. Add squash noodles; cook, stirring, until just tender, about 4 minutes. Remove from heat; add lemon juice, parsley, and shrimp. Season with salt. Toss to combine; serve.

NOTE – We will be adding a The Lower Potassium Roasted Red Pepper and Ground Beef Sauce over this.

Turmeric Tea Recipes #4



Recipe #B

<https://thetruthaboutcancer.com/turmeric-tea-recipe/>

Yield: 1-2 servings

Preparation Time: 5-10 minutes

Ingredients:

- 1 1/2 teaspoons turmeric powder
- 1/2 teaspoon Ceylon or regular cinnamon
- 1/2 teaspoon fresh ginger, chopped OR 1/4 tsp ground ginger
- 1/8 teaspoon ground cloves
- 2 pinches of ground cardamom
- 1 teaspoon raw cold pressed coconut oil
- 1 1/2 cups fresh coconut or almond milk OR purified water (water makes it less creamy)
- Dash of black pepper, freshly ground
- Raw honey OR coconut nectar¹ OR Lakanto² to taste
- Cinnamon stick or a sprinkle of spices for garnish (optional)

Directions:

1. Blend all ingredients in a blender on high speed setting until smooth.
2. Pour into a small pot and heat on low temperature until nearly simmering, approximately three minutes.
3. Remove from heat and serve immediately in a mug, garnished with a cinnamon stick.
4. For an Iced Turmeric Tea Latté, allow to cool and pour into a glass filled with ice cubes. Sprinkle with extra spices if desired.

Recipe #A

<http://theheartysoul.com/anti-cancer-turmeric-tea/>

Ingredients:

- ¼ teaspoon cumin
- ½ teaspoon coconut oil (organic cold-press unrefined)
- ¼ teaspoon caraway seeds
- ½ teaspoon turmeric
- 1 cup of almond milk (*you can also use regular milk or coconut milk*)
- 4 Black peppercorns

Instructions:

1. In a small pot, sauté together the [coconut oil](#), cumin, caraway seeds, turmeric* and bell pepper corns for about 1 minute, until you can start to smell an aroma.**
2. Add in the milk, and bring to boil.
3. When it begins to boil, cook for 3 – 4 more minutes.
4. Turn off the heat and let the pot sit for 5 minutes, covered with the lid.
5. Strain to remove the solids, and drink