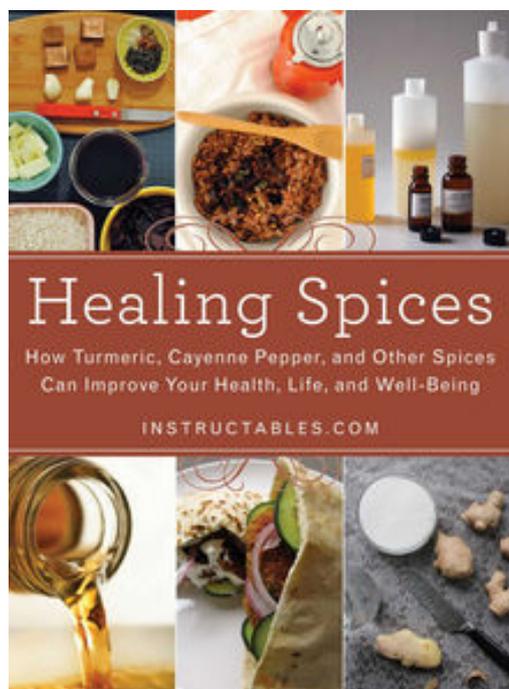


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Featuring dozens of recipes for meals and beauty remedies, *Healing Spices* is a great tool for anyone looking to add more flavor to their diet and cut out unhealthy seasonings like salt, sugar, and fatty oils. You'll find great recipes like:

- Chickpea and carrot tangine
- Sweet potato and coconut soup
- Probiotic ginger beer
- Chicken tikka masala with turmeric rice
- Lemon-garlic sorbet
- Cayenne toasts
- Orange, fig, and sage chutney
- Mexican hot chocolate cupcakes
- And much more

There are also remedies for burns, problem skin and hair, losing your voice, toothaches, and a guide detailing the benefits of each spice and herb. *Healing Spices* is the ultimate compendium for anyone wishing to cook with healthier seasonings.

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