

32 ways to enjoy YOUR TURMERIC



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TURVA GOLD / PREMIUM NUSANTARA TURMERIC

Everyday recipes. Golden colour. Traditional rituals.

A little goes a long way. Start with a pinch for flavour and colour, then adjust to taste. These are home-use ideas for pure turmeric powder.

MORNING & BREAKFAST

- 01 Ghee / coconut oil**
Morning: 1 tsp pure ghee or pure coconut oil + a pinch of turmeric.
- 02 Morning smoothie**
Blend a pinch with banana, oats and your milk of choice.
- 03 Golden milk**
Stir a pinch into warm milk; add cinnamon or cardamom.
- 04 Coconut turmeric drink**
Mix into warm coconut milk with a little cinnamon.
- 05 Ginger turmeric tea**
Add a pinch to freshly brewed ginger tea.
- 06 Lemon turmeric drink**
Mix with warm water and lemon; sweeten if desired.
- 07 Golden mango lassi**
Blend a pinch with mango, plain yogurt and water.
- 08 Warm honey mixture**
Mix a pinch into honey; stir into a warm drink.
- 09 Golden oats**
Stir into porridge with cinnamon and chopped fruit.
- 10 Turmeric scrambled eggs**
Add a pinch while cooking; finish with herbs.
- 11 Golden dosa or idli**
Mix a little into the batter before cooking.

COOK EVERYDAY FAVOURITES

- 12 Golden pancakes**
Add a pinch to pancake batter for a sunny breakfast.
- 13 Golden rice**
Add a little to rice with water before cooking.
- 14 Fragrant vegetable pulao**
Add with cumin, vegetables and rice.
- 15 Comforting dhal**
Stir into lentils while simmering.
- 16 Vegetable curry**
Add with your usual spices during cooking.
- 17 Golden vegetable soup**
Stir into pumpkin, carrot or mixed vegetable soup.
- 18 Roasted vegetables**
Toss with oil and turmeric, then roast until tender.
- 19 Tofu scramble**
Cook crumbled tofu with a pinch and vegetables.
- 20 Chickpea stir-fry**
Toss cooked chickpeas with turmeric and spices.
- 21 Coconut chutney**
Blend a pinch with coconut and your usual ingredients.
- 22 Creamy pasta sauce**
Stir a little into a cream or coconut-based sauce.

SNACKS, SKIN & PET CARE

- 23 Golden popcorn**
Toss popcorn with turmeric mixed into melted butter or oil.
- 24 Salad dressing**
Whisk with olive oil, lemon and a little honey.
- 25 Yogurt dip**
Mix a pinch with plain yogurt, herbs and seasoning.
- 26 Savoury muffins**
Add a little to vegetable muffin batter.
- 27 Pet food: ask your vet**
Only add if your vet approves the dose. Skin issues need vet care.
- 28 Chickpea body paste***
Mix a pinch with chickpea flour and water; gently rinse off.
- 29 Oat body paste***
Mix a pinch with finely ground oats and water; rinse off.
- 30 Turmeric face mask***
Pinch turmeric + 1 tsp chickpea flour + yogurt to form a paste. Rinse.
- 31 Golden bath ritual***
Disperse a pinch in bathwater; rinse skin and tub after use.
- 32 Warm foot soak***
Add a pinch to comfortably warm water; soak, rinse and dry.

*Traditional external-use ideas (28-32): Patch-test first. Avoid eyes and broken or irritated skin; stop if irritation occurs. Turmeric can stain skin, fabric and surfaces. Make pastes fresh, use immediately and discard leftovers. Rinse thoroughly; bath residue may be slippery.

Morning oil mixture: empty-stomach use is optional. Take with food if uncomfortable. No medical or therapeutic claims.