

A glass bottle filled with a vibrant yellow turmeric smoothie. A silver metal straw with white polka dots is inserted into the bottle. The bottle is placed on a dark surface, and a piece of light-colored burlap fabric is draped behind it. The background is dark and out of focus.

15 ANTI-INFLAMMATORY

*Turmeric*  
RECIPES

From The PaleoHacks Kitchen

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# GOLDEN *Turmeric Latte*

🕒 Prep Time: 5 minutes    🕒 Cook Time: 5 minutes

## Ingredients:

- 1 ½ cups non-dairy milk
- ½ t vanilla extract
- ½ T coconut oil
- 1 t turmeric
- ½ t ground cinnamon
- ½ t ginger
- ¼ t black pepper

## Instructions:

1. Add ingredients to a small saucepan, and bring to a boil.
2. As the milk heats, whisk the ingredients until it becomes frothy and smooth (about 3-5 minutes).
3. Simmer a few minutes on low, then transfer to a cup and enjoy!





# ROASTED TURMERIC *Cauliflower*

**L** Prep Time: 5 minutes   **L** Cook Time: 30 minutes   **U** Serves: 4

## Ingredients:

- 1 head cauliflower
- 2 T coconut oil (melted)
- 1 t turmeric
- ½ t cumin
- ½ t crushed red pepper
- ½ t crushed garlic
- 2 T water
- 2 T fresh basil (chopped)

## Instructions:

- 1.** Preheat oven to 400°F. Chop the head of cauliflower into florets.
- 2.** Whisk together coconut oil, turmeric, cumin, crushed red pepper, garlic, and water. Place the cauliflower florets on a pan, pour the mixture over them, and toss well.
- 3.** Roast the cauliflower for 30 minutes, and top with fresh basil.



# COCONUT CURRY

## *Chicken with Turmeric*

**L** Prep Time: 5 minutes **L** Cook Time: 15 minutes

### Ingredients:

- 2 chicken breasts
- 2 T olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 can coconut milk
- 3 T red curry paste
- 1 t fish sauce
- 1 t coconut sugar
- 2 t fresh ginger, grated
- 1/4 t ground turmeric
- Handful of cilantro

### Instructions:

1. Cut up chicken into bite-size pieces.
2. Heat oil in a skillet, add chicken, and cook until done.
3. While chicken is cooking, dice onion and mince garlic. Place in a separate skillet with coconut milk, curry paste, fish sauce, sugar, ginger, and turmeric. Bring to a boil, then lower heat to a simmer.
4. Once chicken is cooked, transfer it to the skillet with the sauce. Then simmer it for 10 minutes or so, allowing time for it to absorb the flavor.
5. Stir in cilantro. If you want the sauce to be thicker, stir in 1-2 tablespoons of coconut flour.
6. Serve inside a coconut and enjoy!

# WARM *Turmeric Milk*

 Yield: 2

## Ingredients:

- 2 cups almond milk
- 3 cardamom pods
- 1 teaspoon finely grated fresh turmeric
- 2 teaspoon finely grated ginger
- 1-2 teaspoons sweetener (powdered stevia, coconut sugar or honey)

## Instructions:

1. Place the ingredients into a small pot and place over low-medium heat.
2. Bring to simmering point and stir for 2 minutes.
3. Remove from the heat and pour the milk through a fine sieve.
4. Serve warm.

# *Golden Ice*

## Ingredients:

- 2 x 400ml (14oz) cans coconut cream
- 1 teaspoon dried turmeric powder
- 4 tablespoons powdered stevia or maple syrup
- 1 teaspoon maca powder

## Instructions:

1. Place a pot over low-medium heat and add the coconut cream, turmeric and stevia. Stir for 4-5 minutes or until the coconut cream is well colored.
2. Stir in the maca powder then pour the mixture into an ice-cream container or plastic tupperware container. Cover with cling film then place into the freezer. After 2 hours stir with a fork, repeat after every hour of freezing until the desired texture has formed.
3. Serve.

# PUMPKIN AND *Turmeric Soup*

 Prep Time: 5 minutes  Cook Time: 30 minutes  Serves: 4

## Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 garlic cloves, finely chopped
- 3 cups butternut pumpkin, chopped
- 1 teaspoon ground cumin
- 1 teaspoon finely grated ginger
- 2 teaspoons finely grated fresh turmeric (or 1 teaspoon dried ginger)
- 4 cups vegetable stock
- 1 cup coconut cream
- salt and pepper

## Instructions:

1. Heat the olive oil in a medium sized pot on medium heat and add the onion and garlic, fry until brown then add the pumpkin, cumin, ginger and turmeric, stir until the spices have heated through and have become aromatic.
2. Add the vegetable stock and bring to simmering point. Cover and cook for 30-40 minutes or until the pumpkin is very tender. Add the coconut cream then use an electric hand mixer to blend the pumpkin and stock until a smooth soup consistency forms.
3. Season with salt and pepper to serve.



# TURMERIC

## Camel Milk Latte

🕒 Prep Time: 2 minutes    🕒 Cook Time: 5 minutes

### Ingredients:

- 1.5 cups raw camel milk (We used Desert Farms.)
- 1 T coconut oil
- 1 T pure honey
- 1 t ground turmeric
- 1/2 t cinnamon

### Instructions:

1. Steam camel milk and coconut oil in a small saucepan or espresso steamer, until frothy. If steaming in a saucepan, allow mixture to come to a slow steam, but not boiling.
2. Stir honey and turmeric into milk.
3. Pour into a mug, and sprinkle with cinnamon. For a chilled latte, it can also be served over ice.



# CAULIFLOWER *Turmeric Burgers*

 Prep Time: 25 minutes  Cook Time: 30 minutes  Serves: 8

## Ingredients:

- 3 large eggs
- 3 cups cauliflower (riced in a food processor)
- ½ cup almond flour
- 3 T coconut flour
- 1 t coconut oil (melted)
- ½ t garlic powder
- ½ t turmeric
- ½ t parsley
- Salt & pepper to taste

## Instructions:

1. Preheat oven to 375 F. Prepare a baking sheet with parchment paper or a slip pad.
2. Rice the cauliflower by placing sliced chunks in a blender or food processor. Then pulse until it turns into "rice."
3. In a large bowl, combine cauliflower rice, almond flour, coconut flour, garlic powder, turmeric, and parsley.
4. In a smaller bowl, whisk together the eggs and coconut oil. Pour over the cauliflower mixture, and stir to combine.
5. Using a ¼ measuring cup, scoop the batter onto the baking sheet to form burgers. They'll be a bit runny, but that's ok; they form together nicely after baking.
6. Cup both your hands around the batter, and gently push any pieces that crumble back together.
7. Repeat the process of forming burgers until all the batter is used.
8. Bake at 375 F for 25-30 minutes, or until the edges of the burgers are slightly browned.
9. Remove from the oven. You can serve this solo, lettuce-wrapped, or on a coconut flour biscuit topped with avocado!





# TURMERIC *Ice Cream*

**L** Prep Time: 15 minutes   **L** Cook Time: 24 hours   **🍴** Serves: 8 cups

## Ingredients:

- 1 14-ounce can coconut milk
- ½ of a 14-ounce can coconut cream (or ½ cup coconut milk or coconut yogurt)
- 1 cup raw cashews (soaked)
- 3 T raw pecans (and as many other pecans as desired for topping)
- ¼ cup maple syrup
- 2 t turmeric
- 1 t cinnamon
- ½ t ground ginger
- ¼ t cardamom

## Instructions:

1. Soak cashews in a bowl of water overnight (or until soggy—a minimum of 2 hours).
2. Once the cashews are ready, layer a standard meatloaf pan with parchment paper, allowing the ends to hang over the sides. Place in the freezer while preparing the ice cream.
3. Drain cashews, and add them to a blender or food processor—along with all the other ingredients.
4. Process on high until pecans and cashews are broken down and everything is fully combined.
5. Remove the prepared pan from the freezer, and pour the ice cream mixture into the pan.
6. Place in the freezer overnight to harden. Be sure to place the pan on a flat surface, so it hardens evenly.
7. The next day, remove from the freezer.
8. Top with more pecans, and serve!



# GOLDEN CAULIFLOWER *Turmeric Flatbread*

 Prep Time: 10 minutes  Cook Time: 30 minutes  Serves: 8 slices

## Ingredients:

- 2 cups raw riced cauliflower
- 4 eggs
- 1 cup almond meal
- 3 t turmeric powder
- ½ t sea salt

## Instructions:

1. Preheat oven to 350°F. Line a baking tray with parchment paper.
2. In a medium bowl, mix all ingredients and combine well with a spoon.
3. Transfer mixture to the lined baking tray and evenly press it into a rectangle. Make sure the layer is about ½-centimeter thick.
4. Bake at 350°F for 30 minutes, or until golden.
5. Once baked, cool completely and gently peel the parchment paper from the flatbread.
6. Slice flatbread into 8 pieces.
7. Store bread in a container in the refrigerator for up to one week.



# HOMEMADE TURMERIC *Lavender Coffee Creamer*

 Prep Time: 5 minutes  Cook Time: 10 minutes  Serves: 1.5 cups

## Ingredients:

- 1 14 oz can full fat coconut milk
- 1 t ground turmeric
- 1/2 t dried lavender buds
- 1 T raw honey or maple syrup (optional)

## Instructions:

1. Combine ingredients in a small saucepan over low heat. Heat until steaming. Turn off heat and allow mixture to infuse 10 minutes.
2. Strain coconut creamer mixer to remove lavender buds.
3. Funnel into a jar. Chill in refrigerator 2 hours before using. Pour into hot or iced coffee. Store in refrigerator for up to one week.



# GOLDEN TURMERIC

## *Energy Bites*

🕒 Prep Time: 20 minutes 🍴 Serves: 18 bites

### Ingredients:

- 1 cup almond or coconut butter
- 3/4 unsweetened coconut flakes
- 4-6 T plant based protein powder
- 1 t coconut oil
- 1/2 t maple syrup
- 2 t turmeric

### Instructions:

1. To a blender, add nut butter, 1/2 coconut flakes, almond butter, coconut oil, maple syrup, protein powder and turmeric.
2. Blend ingredients on high until evenly distributed.
3. Place the dough in the refrigerator for 30-60 minutes to harden.
4. Remove the dough from refrigerator and roll into bite-sized balls about 1/2-inch in diameter.
5. Place balls on a plate that's covered with parchment paper, then return to refrigerator for 3-4 hours.
6. Remove from refrigerator. Add remaining shredded coconut to a plate and roll the balls in the flakes. Enjoy!



# NO-BAKE TURMERIC *Protein Donuts*

**L** Prep Time: 5 minutes   **L** Cook Time: 45 minutes   **🍴** Serves: 8 mini donuts

## Ingredients:

- 1½ cups raw cashews
- ½ cup (7 pieces) Medjool dates, pitted
- 1 T vanilla protein powder
- ¼ cup shredded coconut
- 2 t maple syrup
- ¼ t vanilla essence
- 1 t turmeric powder
- ¼ cup dark chocolate (for topping)

## Instructions:

1. Combine all ingredients (except the chocolate) in a food processor and process on high until a smooth and sticky cookie dough forms.
2. Roll batter into eight balls and firmly press into silicone donut mold.
3. Cover mold with plastic wrap and place in freezer 30 minutes to set.
4. For the chocolate topping, pour a cup of water into a saucepan and bring to a boil.
5. Then place a smaller saucepan on top of the pan and add the chocolate to the bowl. Stir gently until the chocolate is completely melted.
6. Once set, remove donuts from mold, drizzle with dark chocolate and store in an airtight container in the fridge.



# AVOCADO TURMERIC

## *Fudge Brownie Recipe*

 Prep Time: 10 minutes  Serves: 12 bars

### Ingredients:

- 1 cup dates, pitted, soaked, and drained
- 1 cup raw cashews, pitted, soaked and drained
- 1 ripe avocado
- 1 ½ T melted coconut oil
- ½ cup cacao powder
- 3 T chocolate protein powder
- ¼ t vanilla extract
- 1 T maple syrup
- ½ t turmeric, for dusting

### Instructions:

1. In a blender, add avocado and soaked dates. Blend on high until dates are broken down.
2. Add cashews, coconut oil, vanilla extract and maple syrup. Blend to combine.
3. Add protein powder and cacao powder. Blend until the mixture becomes a dough.
4. Layer parchment paper crisscross in an 8x8-inch baking pan, allowing for the parchment paper to hang over the baking dish for easy removal.
5. Transfer the batter into the baking pan. Use a spatula to spread the batter evenly in the pan and into the corners.
6. Place the baking dish in the refrigerator for 5 hours to set.
7. Remove from the refrigerator and lift the sides of the parchment paper to remove from the baking pan.
8. Dust with turmeric and slice into 12 bars.
9. Store bars in the freezer in a storage container up to one week.



# TURMERIC PUMPKIN *Spice Latte*

**L** Prep Time: 5 minutes    **L** Cook Time: 10 minutes

**🍴** Serves: 1 latte + 5 servings of syrup

## Ingredients:

### For the coffee:

- 8 oz espresso or brewed coffee of choice

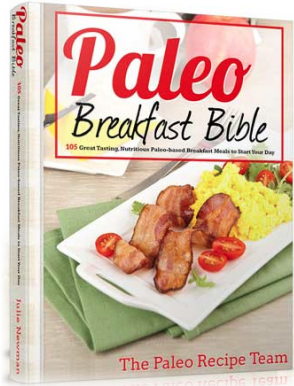
### For the syrup:

- ½ cup maple syrup
- 1/3 cup pumpkin puree
- ½ cup coconut cream
- 1 t cinnamon
- ½ t nutmeg
- ¼ t cloves
- ½ t turmeric

## Instructions:

1. Place maple syrup, pumpkin puree, coconut cream, cinnamon, nutmeg, cloves and turmeric in a small pot over medium heat. Bring to a simmer.
2. Stir the mixture constantly for 5 minutes until thickened and fragrant. Turn off the heat and let the mixture cool to room temperature.
3. As the pumpkin spice syrup is cooling, brew coffee or espresso.
4. Pour hot coffee or espresso to a cup and add 3-4 tablespoons of the pumpkin spice syrup.
5. Transfer remaining pumpkin spice syrup to a container and store in the refrigerator.

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