

Turmeric Chickpea Salad

1 can of chickpeas, rinsed well
1/4 cup of chopped fresh mint
1 medium carrot, shredded
1 cup of cucumber, shredded
1 Tbsp. of chopped peanuts
(optional)

Dressing

1 tsp. of Its Blume Turmeric Blend
2 Tbsp. Olive Oil
1 Lime, juiced



1. Prepare dressing ingredients in a bowl and set aside.
2. In a large bowl, mix together salad ingredients.
3. Add dressing to the salad. Let it sit for 10 minutes.
4. Enjoy!

TIP: substitute chickpeas for chicken breast!

Classic Golden Milk

1 tsp. Its Blume Turmeric Blend
1 cup of coconut milk (or milk of choice)
1-2 tsp. honey

1. In a saucepan, heat milk until warm.
2. Add turmeric blend and sweetener. Whisk until combined.
3. Pour into your favorite mug!

Did you know? In order to release the anti-inflammatory properties of turmeric, (curcumin), it needs to be combined with black pepper!

Mango Smoothie

1 tsp. of Its Blume Turmeric Blend
1 cup of oat milk (or coconut)
1 scoop of vanilla plant based protein
1/2 cup of frozen mango
1 Tbsp. of ground flax
1/4 cup diced carrot
1 Tbsp. plain or vanilla yogurt (regular or dairy free)

1. Blend all ingredients until smooth.

