

Bring the heat

Cozy Warm latte

- 1 tsp. Its Blume Chili Turmeric blend
- 1.5 cups warm coconut milk (or other milk of choice)
- 1 tsp. raw honey (optional)

Add chili turmeric blend in a mug and whisk together with the warmed milk. Stir in honey to sweeten!

Did you know? Chili Turmeric is the perfect anti-inflammatory blend. It also stimulates circulation, boosts the metabolism and detoxifies.

Chili Turmeric Cauliflower Bites

- 2 tsp. Its Blume Chili Turmeric blend
- 1/4 cup almond flour
- 1/4 cup melted coconut oil or olive oil
- 1 head of cauliflower, chopped into florets

1. Preheat oven to 375 degrees. In a small bowl, mix almond flour with chili turmeric blend. Set aside.
2. In a large bowl, toss cauliflower with oil until coated.
3. Add dry ingredients to cauliflower and toss until well coated.
4. Spread evenly on a baking sheet.
5. Roast in oven for 35-40min. (Flipping the pieces occasionally)
6. Serve with hummus or other dipping sauce!

Tip: For a delicious vegan salad, toss with chickpeas, diced yellow pepper + fresh chopped mint

Debloat Smoothie

- 1 cup coconut water
- 1 tsp. Its Blume Chili Turmeric Blend
- 1/2 cucumber, peeled and chopped
- juice of 1 lime
- 1 Tbsp. ground flax or chia
- 1/2 cup frozen blueberries
- 1 cup spinach
- Hemp seeds (garnish)
- 1 scoop vanilla protein (optional)

Place all ingredients in a blender and blend until smooth.
Top with hemp seeds! Enjoy!



Spicy Lentil Salad

- 1 can of lentils, rinsed well
- 1/2 cup quinoa, cooked and cooled
- 1 cup shredded cucumber
- 1/2 cup chopped tomatoes
- 1/4 cup chopped fresh parsley
- 1-2 tsp. Its Blume Chili Turmeric Blend
- 1-2 Tbsp olive oil
- juice of 1 lemon
- salt/ pepper

Mix all ingredients in a large bowl.
Let sit for 10 minutes before serving.

