In this Blog we are going to know about Cinnamon and its health benefits.

**Cinnamon Health Benefits:**

Cinnamon is now the second most popular spice after black pepper. It comes from the Caribbean, South America and Southeast Asia. Cinnamon sold as ground cinnamon and cinnamon sticks are the bark of a tree in the Cinnamomum family. The cinnamon stick is very hard and dry and is used to infuse liquids and dishes before being removes rather than consuming it straight up.

Cinnamon sticks are slightly spicier than their ground counterpart with a woody, earthy taste. Ground cinnamon is fine, dry and soft, and very similar in texture to flour. Added to a drink or recipe when cooking, it dissolves in seamlessly emitting its wonderful flavour and aroma without any grainy texture.

**Benefits Of Cinnamon**

Cinnamon Nutrition Facts:

* Its nutritional benefits make it even sweeter.
* Energy: 6.42 calories
* Carbohydrates: 2.1 g
* Calcium: 26.1 milligrams (mg)
* Iron: 0.21 mg
* Magnesium: 1.56 mg
* Phosphorus: 1.66 mg
* Potassium: 11.2 mg
* Vitamin A: 0.39 micrograms
* Vitamin B: traces
* Vitamin K: traces

Antioxidants: choline, beta-carotene, alpha-carotene, beta-cryptoxanthin, lycopene, lutein, and zeaxanthin.

**Cinnamon To Treat Diabetes**

Cinnamon is widely used as a spice and also acts as a cinnamon supplement, which helps in the treatment of several conditions. It can be processed into various forms, such as powder and oil, for easy use. One of the main health uses for cinnamon is in the treatment of diabetes as it helps the body to regulate insulin and glucose levels. Antioxidants found in cinnamon can also reduce oxidative stress and can help prevent cancer, type 2 diabetes, and many other conditions.

**Cinnamon For Cardiovascular Health**

Cinnamon is also good for blood pressure. The various compounds in cinnamon can benefit the cardiovascular system. For example, cinnamaldehyde lowers blood pressure. Its anti-inflammatory properties reduce any kind of pressure on the veins and cardiovascular system and ensure regular blood flow. This spice also has antimicrobial properties, making it the best for treating bacterial infections. It also acts as a digestive aid, pain reliever, or cold remedy.

**Cinnamon For HIV Treatment**

In a 2016 laboratory study, researchers found that cinnamon extract was active against HIV. Researchers tested 69 extracts and found ninnamomum cassia or cinnamon bark and Cardiospermum helicacabum, a cinnamon sprout and fruit, were the most effective in reducing HIV activity.

This doesn’t mean that cinnamon-containing foods can cure or prevent HIV, but cinnamon extracts may one day become part of HIV treatment.

**Turmeric health benefits:**

If you thought turmeric is just a seasoning ingredient and all turmeric is the same, you are wrong. Only pure turmeric with curcumin, its natural component, can help in maximizing health benefits. Majority of turmeric available in the market is ripped off from its main component curcumin. Wondering what curcumin is? **TURMERIC IS POWERLESS WITHOUT CURCUMIN**. It is the main element that gives turmeric its vibrant yellow color and powerful medicinal properties. Most often the common man ends up turmeric which contains below 2% or most times nil curcumin, which makes it just a residue with no health benefits at all. While we get carried away by the low price of the product, we fail to notice if the product is natural and wholesome.

Good health is a lifelong investment for a family’s well-being. Paying a slightly higher price for assured nutrition and disease prevention is better than ending up with health complications by using cheap turmeric.

With Yellow raw turmeric, you can stay assured about turmeric with curcumin. iFuture Globistic is committed to deliver the real goodness of wholesome turmeric that protects you from infections and promotes your wellbeing. It is available in four exclusive variants suitable for tasty, healthy cooking, herbal drinks and home remedies. In addition to pure organic turmeric, there is a wide range of oil rich spices, healing herbs and wholesome grocery to choose from.



Make curcumin rich turmeric part of your daily routine to stay healthy.

* Bedtime drink for immunity & sound sleep – Drink warm milk with 1/4 teaspoon of pure organic turmeric with curcumin and ¼ teaspoon of black pepper powder. Pepper helps in easy absorption of curcumin in the body.
* Prevent infections – Make a tamarind seed sized ball using pure organic curcumin rich turmeric mixed with little water or pure wild honey. Eat it on an empty stomach in the morning.

**How to store spices to retain the flavor**

There are many ways to store spices. You can store them in a clean, airtight container in a cool, dark place. You can also add them to your pantry, which will last up to six months. Alternatively, you can pack them into a small bag and keep them in the fridge.

When storing spices for future use, it is important to keep them in an airtight container or vacuum-sealed bag for flavor retention. Spice storage in a cool and dark place to prevent them from becoming stale. Some tips on how to store and use spices include:

 – Ground spices can be stored in an airtight container for up to 6 months.

– The shelf life of whole spices will last for 3-4 months.

-When you can buy whole spices like nutmeg, grate just the amount you need for your recipe. Whole spices keep their freshness longer than ground ones.

 -Keep ground spices, whole spices, and chilies organized within their respective categories (sweet, hot, sour) so they are easily accessible.

 -Store fresh herbs such as cilantro and ginger separately from dried herbs. Dried herbs will retain their flavor better if stored in a cool dark place.

– When storing spices, keep them in a cool, dark place like your pantry or spice cabinet. You can also transfer them to smaller containers if you need to store them for longer.



**Tips on how to use the spices**

**Here are some tips on how to use the spices**

**Cumin**: Add cumin seeds to ground meat or poultry before cooking, or sprinkle it onto cooked vegetables, grains, or soups.

**Cardamom pods**: Crush the cardamom pods and steep them in hot milk for a soothing cup of tea. Add a few pods to the coffee for an interesting flavor twist.

**Fennel seeds**: Fennel seeds are both savory and sweet and can be used in sauces, stews, couscous dishes, or as a garnish.

**Mustard seeds:** Add mustard seeds to roasted veggies or meats for a touch of salty flavor. Store spices in an airtight container in a cool place for up to 6 months.

Like any other seasoning, use spices sparingly – too much will overpower your dish and ruin the flavor. Also, be sure not to store them near direct heat – this could cause them to spoil.

When using spices, make sure to taste them before you use them, so you know if they are still fresh.

**Cumin Health benefits:**

Cumin comes from the tiny, dried seeds of the[Cuminum cyminum](https://plants.ces.ncsu.edu/plants/cuminum-cyminum/) plant, which is a member of the Parsley family. This ancient plant is grown along the Western Mediterranean across India and the Middle East and is native to Egypt and the Mediterranean region. In addition, cumin was discovered in 4,000-year-old excavations in Egypt and Syria, where it was used as a spice in cooking and for mummification.

Health benefits:

1. Promotes Digestion
2. Rich source of iron
3. Contains beneficial Plant compounds
4. May help with Diabetes
5. May improve Blood cholesterol
6. May promote weight loss and Fat reduction
7. May prevent food borne illness
8. May fight inflammation

**Paparika Vs Red Chilli Powder**

If you love spicy food, you may have some paprika and Red chilli powder in your spice rack. These two red powders are widely used in various cuisines, especially Indian, to add color, heat, and flavor to dishes. But do you know what is the difference between paprika and Red chilli powder? Are they interchangeable? How do they affect the taste and appearance of your food?

In this article, we will answer these questions about paprika vs Red chilli powder. We will also compare paprika and red chilli powder in terms of their origin, ingredients, heat level, color, flavor, and uses. We will also give you some tips on how to choose and substitute them. So, let’s get started!

## What is Paprika?

Paprika is a spice made from ground dried peppers, usually bell peppers or red peppers. It is native to Central Mexico, [where the Aztecs cultivated it](https://en.wikipedia.org/wiki/Capsicum)and later introduced to Europe by the Spanish explorers. It is mainly produced in Hungary, Spain, Turkey, and the United States.

Paprika has a bright red color and a mild and sweet flavor. It is mainly used for its color and aroma rather than its heat. It can enhance the appearance and taste of dishes like soups, stews, sauces, meats, eggs, cheese and potatoes.

## What is Red Chilli Powder?

Red chilli powder is a spice made from ground [dried red chillies](https://arizoneinternational.com/product/red-chilli), usually produced in India.

This lal mirch powder has a deep red color and a mild to moderate heat level. It is mainly used for its color and aroma rather than its flavor. It can give a vibrant hue to dishes like tandoori chicken, biryanis, paneer tikka, rogan josh, and dal makhani.

## How to Choose Paprika and Red Chilli Powder?

When [buying paprika](https://arizoneinternational.com/product/red-chili-peppers)and red chilli powder, you should look for some factors that indicate their quality and freshness. Here are some tips to help you choose the best paprika and Red chilli powder:

* **Check the label:** The label should clearly state the type of paprika or Red chilli powder, the ingredients, the expiry date, and the country of origin. Avoid buying paprika or Red chilli powder that contains artificial colors, preservatives, or fillers.
* **Check the color:**The color of paprika or Red chilli powder should be bright and vibrant, not dull or faded. The color indicates the freshness and potency of the spice. If the color is too dark or too light, it means it is old or contaminated.
* **Check the aroma:**The aroma of paprika or Red chilli powder should be pleasant and fragrant, not musty or stale. The smell indicates the flavor and quality of the spice. If the aroma is too strong or too weak, it may mean that the spice is over-roasted or under-roasted.
* **Check the texture:**The texture of red chilli powder should be fine and smooth, not coarse or lumpy. The texture indicates the fineness and consistency of the spice. If the texture is too rough or too chunky, it may mean that the spice needs to be better ground or clumped together.

**Elevate simple dishes with spices:**

Spices are a powerful way to add depth, complexity, and flavor to even the simplest dishes. Whether you’re working with just a few ingredients or trying to dress up a boring meal, a pinch of the right spice can make all the difference.

## Here are some tips for using spices to elevate simple dishes and take your cooking to the next level.

### Experiment with Different Flavors

One of the most exciting things about cooking with spices is the variety of flavors and combinations you can create. Don’t be afraid to experiment with new spices and flavors! Start by trying some of the most common spices, like garlic, cumin, and paprika. Once you get comfortable with these flavors, try branching out to less common spices like sumac or turmeric.

### Use Spices to Add Depth and Complexity

Adding spices to a simple dish can help bring out the natural flavors of the ingredients and make the dish more interesting. For example, a basic tomato sauce can be transformed into something special with the addition of oregano, basil, and red pepper flakes. Similarly, adding smoked paprika to roasted vegetables can give them a smoky, savory flavor that takes them from ordinary to extraordinary.

### Pair Spices with Complimentary Ingredients

When choosing spices for a dish, consider how they will interact with the other ingredients. Some spices work particularly well with certain foods, such as coriander with chicken, cinnamon with apples, or cumin with black beans. Experimenting with different spice and ingredient combinations can lead to some unexpected and delicious results.

### Don’t Overdo It

While spices can add a lot of flavor to a dish, it’s important not to overdo it. Too much of a strong spice like cayenne or chili powder can overwhelm the other flavors in the dish. Start with a small amount of spice and taste as you go, adding more if necessary.

Using spices to elevate simple dishes can be a fun and rewarding way to take your cooking to the next level. By experimenting with different spices, pairing them with complimentary ingredients, and exercising restraint, you can create dishes that are interesting, flavorful, and memorable.

**Indian Green Cardamom**

Cardamom of commerce is the dried ripe fruit (capsules of cardamom plant) often referred as the **“Queen of Spices”** because of its very pleasant aroma and taste.

Indian cardamom is offered to the international markets in different grades: 'Alleppey Green Extra Bold' (AGEB), 'Alleppey Green Bold' (AGB) and 'Alleppey Green Superior' (AGS) are names that register instant appeal worldwide. Cardamom oil is a precious ingredient in food preparations, perfumery, health foods medicines and beverages. India, a traditional exporter of cardamom to the Middle East countries where it goes mostly into the preparation of 'Gahwa' - a strong cardamom - coffee concoction without which no day is complete or no hospitality hearty for an Arab. Indian cardamom enjoys a premium preference in the Middle East, Japanese and Russians who relish it for its distinct enriching properties.

Cardamom is widely used as a flavouring material in whole and ground form. In Asia, it can add a lingering sparkle to every kind of dishes both traditional and modern. In Scandinavian countries it is used in baked goods and confectionaries. In Europe and North America it is an ingredient in curry powder and in some sausages products. Cardamom oil and oleoresin has applications in flavouring processed foods, cordials, and liquors and in perfumery and in Ayurvedic medicines.

In India, Cardamom is mostly grown in Idukki. Idukki, the most pristine and serene district in Kerala, is specially known for its spices besides its natural beauty. Idukki spices make Idukki special and thus it is called the “Land of Spices” in Kerala. Over twelve varieties of spice, including ginger, garlic, cardamom, vanilla, pepper, cinnamon, coffee, tea, clove, and nutmeg, are cultivated in Idukki. Idukki’s pleasant climate makes it favorable for spice plantations. Its agro-climatic conditions are suitable for the cultivation of plantation crops like tea, coffee, cardamom, pepper and other spices.

**When to use which spice:**

The primary ingredient in Indian food is spices. If used improperly, they can damage the flavour of Indian food, but when used properly, they can turn a dull dish into a delectable dinner.

If you enjoy Indian cuisine, you should be aware that Masala Dabbas are its base. In fact, this dish holds the secret to mastering Indian-style cookery. These Indian spices can be used in various ways, including chopping, roasting, sautéing, and even frying. They are often sold Whole Indian spices or ground. Here are some common questions and answers for beginners.

**When Should You Use Which Spice?**

* Spices that intensify colour include chilli powder and turmeric.
* Black pepper and chilli powder are two hot spices.
* Cumin and coriander powder, which thickens curries.
* Fennel seeds, asafoetida, cardamom, cloves, cinnamon, and bay leaves are four aromatic spices. Alternatively, you could use blended spices like [Garam Masala](https://www.jkcart.com/product-overview/garam-masala-whole" \t "_blank), Chat Masala, Kitchen King Masala, Curry Powder, etc.
* Mustard seeds, fenugreek seeds, cumin seeds, and dried fenugreek leaves are the five finishing spices.

**Common spices which are used in India?**

* In India, a spice called turmeric is used as an anti-inflammatory to treat gas, chest pains, colic, toothaches, and irregular menstrual cycles. It is a well-known drug for wound healing and is frequently used in cosmetic procedures as well.
* Although black cumin, green cumin, and white cumin are occasionally seen, the most typical variation of cumin is a brownish-yellow tint. Whole Indian spices seeds, also known as jeera, are used in Indian cooking, and ground cumin is a staple in Mexican and Middle Eastern cuisine. It can also be found in chilli, baked beans, barbecue sauce, soups, and marinades.
* A potent medicinal plant, fenugreek. Fenugreek is most commonly used as a flavouring agent in curry meals, but powdered seeds are also an important component of curry powders and oriental sauces.
* Without red chillies, it is impossible to envision Indian food. The entire nation consumes it in some capacity, whether as Whole Indian spices or in powder form. Red chillies come in a wide variety of varieties across the nation, each having a distinctive flavour and appearance. In addition, red chillies are a common ingredient in sauces, condiments, and spice mixtures. Red chilli powder has several advantages beyond just giving food a flaming hot flavourful Indian Spices and spicy kick.
* The costliest spice in the world is cardamom. Ancient Ayurveda, an Indian branch of complementary medicine that makes use of herbs and spices for their therapeutic effects, refers to it.
* The traditional coconut dip served with dosas (crunchy rice-based idlis from southern India) and steamed rice cakes have crisp  Flavourful Indian Spices that come from the addition of mustard seeds. The seeds are used in north Indian households as a spice for cooked vegetables and different lentil-based dishes.
* In combination with the fermented rice pancakes known as appams, which melt in your mouth, black pepper gives the curry a sharp, spicy edge and enhances the flavour. The anti-inflammatory and antioxidant qualities of black pepper make it a common ingredient in domestic medicines.