

# 30 Ways in 30 Days Super Swaps from



**SPICES**  
FOR HEALTH



**Day 1: Cinnamon**  
Replace flavored yogurts that can be high in sugar with plain low-fat Greek yogurt and blend in a combination of 2 tsp honey, 1/2 tsp Ground Cinnamon and frozen tart cherries (defrosted) or other favorite fruit.

**Day 2: Ginger**  
Next time you make green or fruit tea, try adding Ground Ginger instead of sugar. The softly spiced flavor makes for a perfect complement.



**Day 3: Thyme/Oregano**  
In place of salt, wake up your taste buds with Herbed Scrambled Eggs. Beat 1/8 tsp Thyme or Oregano Leaves into 2 eggs before scrambling.



**Day 4: Oregano**  
For a twist on the typical grilled cheese, prepare sandwich with sliced mozzarella cheese, sliced tomato and 1/4 tsp Oregano Leaves.



**Day 5: Cinnamon**  
Next time you make French toast, pancakes, waffles or muffins, try sprinkling 1/4 to 1/2 tsp Ground Cinnamon on top, rather than powdered sugar or butter.

**Day 6: Rosemary**  
Replace the butter and salt in mashed potatoes. Add a 1/2 tsp each crushed Rosemary Leaves and Garlic Powder and 1/4 tsp Black Pepper into 4 cups hot cooked mashed potatoes.



**Day 7: Thyme**  
Instead of fats like butter and cheese, sprinkle Thyme Leaves on steamed or sautéed asparagus along with a twist of freshly Ground Black Pepper and a squeeze of lemon for a lighter, more flavorful alternative.

**Day 8: Curry Powder**  
Skip the mayo. Try mixing 1/2 tsp Curry Powder into 8 ounces plain yogurt to use as a great spread on a turkey and vegetable pita sandwich.

**Day 9: Cinnamon**  
Sprinkle 1/4 tsp of antioxidant-rich Ground Cinnamon on your morning oatmeal to perk up your day. For an extra flavor twist, try adding dried cherries with sliced almonds or walnuts.



**Day 10: Rosemary**  
Dinner rolls don't need to be buttered. Just before baking frozen dinner rolls or ready-to-bake rolls, brush tops with olive oil then sprinkle with crushed Rosemary Leaves and Sea Salt before baking.



**Day 11: Cinnamon**  
Replace the sugar in your morning coffee with Ground Cinnamon. Sprinkle 1/2 tsp over ground coffee before brewing.



**Day 12: Curry Powder**  
Add dried cherries, Greek yogurt and a dash of Curry Powder to traditional chicken or tuna salad, instead of mayo, for a protein-packed food to stuff into whole wheat pitas or enjoy on salad greens.

**Day 13: Ginger**  
For a fresh pick-me-up, sprinkle Ground Ginger on store-bought fruit cups or homemade fruit salad.

**Day 14: Oregano**  
Add a flavor boost to jarred tomato sauce. Stir 1 tsp Oregano Leaves into 2 cups low sodium jarred tomato sauce.



**Day 15: Ginger**  
Add Asian flair to salmon. Stir 1/2 tsp Ground Ginger into 1/2 cup hoisin sauce. Brush over salmon fillets during the last few minutes of grilling or broiling.



**Day 16: Thyme**  
Thyme brings out the flavor of mushrooms. Sauté 1 pound sliced mushrooms in 1 tbsp olive oil. Sprinkle with 1/2 to 1 tsp Thyme Leaves.

**Day 17: Cinnamon**  
Add Ground Cinnamon (to taste) to chunky applesauce and spread on your morning toast instead of sugary jams and jellies.

**Day 18: Thyme**  
Add hearty flavor to store-bought soups. Stir 1/4 tsp Thyme Leaves into chicken, beef or vegetable soups.

**Day 19: Ginger**  
Don't butter-up veggies. Add a dash of warm sweet flavor to winter vegetables. Sprinkle Ground Ginger onto cooked carrots, acorn or butternut squash, or sweet potatoes.



**Day 20: Oregano**  
For Greek Vinaigrette Dressing, stir 1/2 tsp Oregano Leaves and 1 to 2 tbsp reduced fat feta cheese into 1/2 cup bottled vinaigrette dressing.

**Day 21: Curry Powder**  
In place of plain roasted chicken, rub with Curry Powder instead of adding salt before roasting.

**Day 22: Red Peppers**  
Put down the salt and use Crushed Red Pepper to dial up the flavor on everything from pizza to salad, soup, eggs and meat.



**Day 23: Cinnamon**  
Skip the sugar and honey when sweetening your hot tea. Steep tea with a cinnamon stick and add a splash or two of tart cherry juice.

**Day 24: Curry Powder**  
For an out of the ordinary side dish that is lightly spiced and sweet, try Curried Pilaf. For extra flavor and texture, try adding toasted sliced almonds, shredded carrots, peas and/or dried cherries.



**Day 25: Ginger**  
Leave out the marshmallows in your sweet potatoes; add a swirl of maple syrup and a few dashes of Ground Ginger for a warm and comforting flavor.

**Day 26: Oregano**  
Forego the butter and sour cream on your baked potato. Drizzle with 1 tsp of olive oil mixed with a sprinkle of Oregano Leaves.

**Day 27: Rosemary**  
Forego the salt and season roasted chicken with a taste of Rosemary. Before roasting, brush chicken with olive oil. Sprinkle all over with 2 tsp crushed Rosemary Leaves, 1/2 tsp Thyme Leaves, Sea Salt and Ground Black Pepper.

**Day 28: Thyme**  
Dress up your favorite vinaigrette with 1/4 to 1/2 tsp Thyme Leaves. Try using raspberry or other berry-flavored vinegar instead of your usual vinegar.

**Day 29: Red Peppers**  
Sprinkle store-bought or homemade hummus or guacamole with Paprika. Or, add a kick by stirring in 1/4 tsp Ground Red Pepper or Crushed Red Pepper.

**Day 30: Curry Powder**  
Ketchup can be replaced with a curry dipping sauce (yogurt, a little Sea Salt, a sprinkle of Ground Black Pepper and dash of Curry Powder). Try with steak fries or as a burger topping or on chicken, too.

