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TURMERIC BASED PRODUCTS

- Adhishree Sanadhya & Anusha Upadhyay

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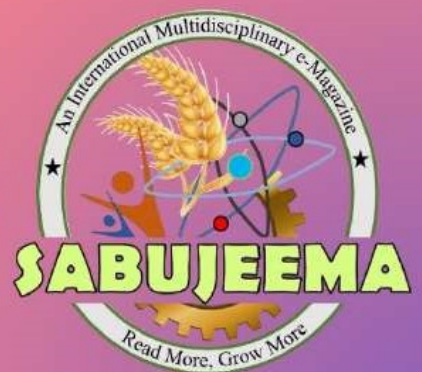
*Grow More”*



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# TURMERIC BASED PRODUCTS

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**T**URMERIC is a plant belonging to the ginger family called zingiberaceae. It is native to Southeast Asia and is grown commercially, primarily in India. Its rhizome (underground stem) is used as a culinary spice and traditional medicine.

Historically, turmeric was used in Ayurveda and other traditional Indian rituals as well as in medical systems such as traditional Chinese medicine. In India, it was traditionally used for disorders of the skin, upper respiratory tract, joints, and digestive system. Owing to its antibiotic, anti-viral, anti-bacterial, anti-inflammatory and cancer-protective

properties, it is being used extensively in the domain of medical sciences, tradition, food and cosmetic purposes even today. It is hot,

In the southern soil of India  
Thrives a thick, beloved plant  
Leaves of gold are tipped with rose hues  
and its oil enhances chants.  
Sometimes called curcuma longa  
its roots promise love and health  
Fragrant curries, healing powders  
Indian saffron, sign of wealth

and the interest in this wonder root has been growing exponentially.

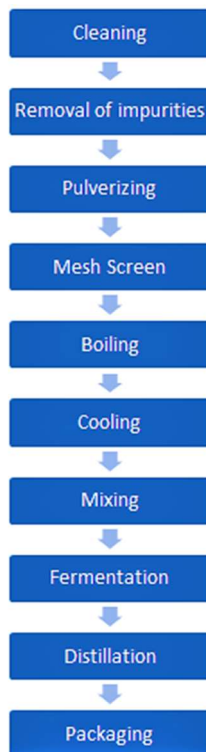
It has been popping in a wide range of packaged foods, from sweet chocolate to astringent wine as mentioned below-

## 1. TURMERIC WINE

The invention relates to turmeric wine with turmeric as main material and as chaff supplementary material. The product is pleasant to taste, can detoxify and build-up immunity function.



The process involves:



## 2. TURMERIC-SPICED LATTE



Instead of coffee, try this turmeric-spiced latte to help you stay away from caffeine. Excess caffeine can lead to anxiety, sleep issues, adrenal fatigue or chronic fatigue syndrome, high blood pressure, and especially caffeine addiction. On the bright side, this turmeric-spiced latte contains only good stuff that will benefit your health on many levels. The following recipe makes for two servings:

## INGREDIENTS

- 2 cups of warmed non-dairy milk (almond, hemp, coconut)
- 2 pitted medjool dates or 1 tbsp. of coconut nectar
- 1 tsp of ground turmeric
- 1/2 tsp of ground ginger
- 1/2 tsp of ground cinnamon
- 1 tbsp. of coconut butter or coconut oil
- 1/4 tsp of ground cardamom

## PREPARATION

Place all ingredients together in a blender and blend on high speed until smooth.

## 3. TURMERIC PROTEIN BAR

A product which has 10 times more protein than turmeric milk, making it suitable for the fitness freaks as well.

Turmeric protein bar is 100% vegan, gluten free, protein rich and having all the nutritious properties of turmeric. This bar can be consumed on a daily basis for regular dose of turmeric and protein without any toxic effects on body.

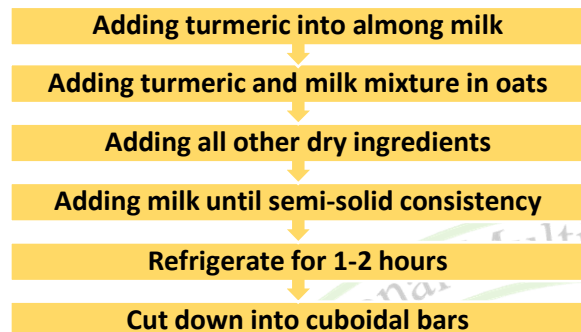
### Ingredients

- Turmeric- 4-5 tbsp
- Pumpkin Seeds- 7 tbsp
- Cocoa Powder- 7 tbsp
- Honey- 7 tbsp
- Peanut Butter- 7 tbsp
- Peanut Protein Hydrolysate- 7 scoop
- Oats- 280 gm
- Almond Milk/ Normal Milk- 50 ml



**Equipments** - Weighing machine, spoons, bowls, scoop.

**Process of manufacture:**



-Seven Turmeric Protein bars that will be obtained from above mentioned amount of ingredients.

Varad foods PREPARED Curcumin Chocolates.

They prepared 40 gm bar chocolate in dark, milk and white chocolate form containing cocoa beans powder, milk solids, Cocoa butter, soya lecithin, Curcumin (300 to 400 mg) black pepper extract (piperine), Cardamom extract or ginger extract.

Curcumin is a fat soluble antioxidant, chocolate is a perfect delivery mechanism whereas Ginger, cardamom and piperine present act as potentiates.

Curcumin contains vitamin B, C, Omega3 fatty acid, potassium, iron etc. Black

**Nutritional Profile for 1 Turmeric Protein Bar-**

	Calories	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)
Oats (40 g)	156	7	7	27	4
Peanut Butter (1 <u>tbsp</u> )	94	4	8	3	1
Honey (1tbsp)	64	0	0	17	0
Peanut Protein <u>Hydrolysate</u> (1 <u>scoop</u> )	28	20	5	16	9
Pumpkin Seeds (1 <u>tbsp</u> )	18	-	1	2	1
Turmeric (1 <u>tbsp</u> )	29	-	0.5	-	-
<b>Total</b>	<b>390</b>	<b>30 g</b>	<b>22 g</b>	<b>66 g</b>	<b>15 g</b>

**4. TURMERIC CHOCOLATE-**

pepper (piperine) acts as a promoter for curcumin to dissolve in blood 2000 times more.

Curcumin is powerful ingredient present in turmeric roots in 4 to 5 Percentage that means in 1 kg turmeric 40 to 50 gm curcumin can be extracted which is 50 times more powerful and has the potential to prevent heart disease, eye and Alzheimer.

This vegetarian product has proven bio actives curcumin, piperine, gingerols and no hydrogenated vegetable oil, artificial flavours or colours.

