

SPICING UP YOUR FOOD!

Sweet Edition

For Added Flavor and Health Benefits

Created for the Coos County Food & Nutrition Group

Pea Podcast Project

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CLOVE

Derived from the dried flower buds of the evergreen clove tree (*Syzygium aromaticum*)

Taste: Hints of sweetness, bitterness, and astringency (drying the mouth), with a noticeable amount of warmth.

A close-up photograph of several cinnamon sticks and a pile of ground cinnamon powder. The sticks are light brown with a rough, fibrous texture, and the powder is a fine, reddish-brown color. The sticks are scattered across the powder, some lying parallel and others at angles.

Cinnamon

Derived from the dried inner bark of various evergreen trees within the genus *Cinnamomum*

Types: Ceylon and Cassia

Taste: Slightly sweet and woody flavor, with a citrusy and floral note, warm and a little bitter



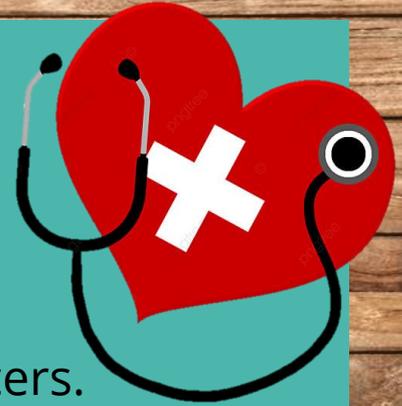
Nutmeg

Derived from the seeds of *Myristica fragrans*, a tropical evergreen tree native to Indonesia

Taste: Warm and slightly nutty flavor.

Benefits of Consuming Spices

- Clove, Cinnamon and Nutmeg are all rich in antioxidants that can help reduce your risk of developing heart disease, diabetes, and certain cancers.
- These 3 spices have all been shown to have anticancer, antimicrobial, and anti-inflammatory properties
- The antibacterial properties of spices may promote oral health by preventing tooth decay and reducing bad breath.
- Spices help your body fight various kinds of infections and repair tissue damage.
- These 3 spices are also rich in fiber, which helps keep the digestive system healthy and prevent blood sugar from spiking.



Benefits of Consuming Spices

- Compounds in these spices may support liver health and help treat stomach ulcers.
- Cloves are rich in manganese, which is an essential mineral for maintaining brain function and building strong bones.
- Nutmeg may help boost mood.
- Cinnamon may improve some key risk factors for heart disease, including cholesterol, triglycerides and blood pressure.



Caution

- These spices are meant to be consumed in small amounts. Try to consume no more than 1 teaspoon of ground spices per day.
- These spices should not be used as a substitute for medication prescribed by medical professionals.



Food Demo: Vegan Banana Bread

Yield: 10 servings (1 slice per serving)

Time: 1 hour

Wet Ingredients:

- 3-4 extra ripe bananas, mashed (about 1 $\frac{1}{3}$ cup mashed banana)
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ Tbsp vanilla extract
- 2 Tbsp dairy free milk

Dry Ingredients:

- 1 $\frac{3}{4}$ cup all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp ground cloves
- $\frac{1}{2}$ tsp salt

Optional: $\frac{1}{2}$ cup chopped walnuts
pecans or almonds





Directions:

- 1) Preheat oven to 350°F. Line a 8 1/2 x 4 1/2 inch pan with parchment paper to prevent sticking.
- 2) In a large bowl mix together the mashed banana, brown sugar, oil, vanilla extract and milk to a bowl until well combined.
- 3) In a large bowl, whisk together dry ingredients: flour, baking soda, and spices. Add dry ingredients to wet ingredients and mix until just combined. Fold in ½ cup of chopped nuts.
- 4) Add batter into prepared pan. Bake for 40-50 minutes or until a tester inserted into the middle comes out clean.
- 5) Allow bread to cool in the pan for 5-10 minutes, then transfer to a wire rack to finish cooling.

References Links

<https://www.todaysdietitian.com/newarchives/030612p40.shtml>

<https://www.healthline.com/nutrition/benefits-of-cloves#The-bottom-line>

https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon#TOC_TITLE_HDR_12

https://www.healthline.com/nutrition/nutmeg-benefits#TOC_TITLE_HDR_8

