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In India, garam masala is a popular blend of dry spices. The literal translation of the spice's name is "heat spice" or "hot/warm spice." Garam (meaning "warm," as in the internal warmth generated by the body when it imbibes certain spices) masala ("blend") is known as a blend of warming spices that is prepared in homes all around the northern, eastern, and western regions of the country.

The spice traditionally is a mixture of cinnamon, cumin, coriander seeds, black pepper, cardamom, cloves, fennel seeds, bay leaves and nutmeg.

Health Benefits

Cinnamon:

An anti-microbial as well as anti-inflammatory. It's high in calcium and fiber and helps control blood sugar by helping to increase insulin production while lowering blood sugar levels.

Cumin:

Helps stimulate digestion, helps relieve nausea and indigestion, enriches with iron and can act as a property to fight against cancer.

Coriander Seeds:

An ingredient used to control blood sugar levels and to lower cholesterol. It helps stimulate digestion.



Black Pepper:

Increases the body's ability to absorb vitamins, minerals and proteins. It's high in fiber content, which reduces calorie intake, and it's a natural metabolism booster. It helps break down fat cells, and is high in vitamin K and manganese, which also helps break down fats and carbs. Black pepper also fights against skin cancer and helps improve skin complexion.

Cardamom:

An anti-bacterial, anti-fungal, and anti-carcinogenic. It helps to flush out toxins from the body, relieves heart burn, reduces the formation of blood clots, lowers blood pressure, increases blood circulation, relieves gas, and soothes upset stomachs.

Cloves:

Contain a purifying property that helps support the immune system. Relieves tooth aches, boosts the metabolism, removes toxins from the blood stream, helps prevent the formation of blood clots and regulates blood sugar levels. You might not guess, but cloves are higher than any other food in antioxidant content. They provide an excellent source of calcium, omega 3, and vitamin K.

Fennel Seeds:

Relieves indigestion, diarrhea, heartburn, intestinal gas, and bloating.

Bay Leaves:

A powerful anti-oxidant that helps prevent cancer, arthritis, and ulcers. It also helps in healing wounds and mosquito bites. Garam masala is a multipurpose spice that helps promote health in almost all aspects of our body. So the next time you cook, add some extra kick to your recipes with this health promoting Indian spice.

Nutmeg:

Prized for its aromatic qualities, nutmeg also delivers a big punch in terms of health benefits, including its antibacterial and anti-cavity properties. Like cloves, nutmeg also contains eugenol, a compound found to be beneficial to the heart, as well as myristicin, when inhibits the enzyme in the brain, thought to contribute to Alzheimer's disease and cognitive function.