

Nortembio®

USES OF THE
SPICES
IN THE KITCHEN



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ACAI BOWL WITH FRUIT AND GRANOLA



INGREDIENTS

- 1 Yogurt Natural
- 1/2 banana
- 50 ml of almond milk
- 1 tablespoon of honey
- Granola, red berries and chia seeds to taste
- 1 tbsp açai octopus



PREPARATION

Blend the açai puree with the banana, almond milk, and honey until smooth. Serve in a bowl and garnish with granola, berries, and chia seeds.

SCORE



NOTES



ENERGIZING ACAI SMOOTHIE



INGREDIENTS

- 1 tbsp açai octopus
- 1 cup of blueberries
- 1/2 cup Greek yogurt
- 1 teaspoon of agave syrup



PREPARATION

Blend the açai powder with the blueberries, yogurt, and agave syrup until smooth. Serve chilled.

SCORE



NOTES

GARLIC POWDER



POPCORN WITH GARLIC AND OLIVE OIL



INGREDIENTS

- 3 cups of natural popcorn
- 1 tsp garlic powder
- 1 tbsp olive oil
- Pinch of sea salt



PREPARATION

Drizzle freshly popped popcorn with olive oil, sprinkle with garlic powder, and salt. Mix well and serve.

SCORE



NOTES



YOGURT AND GARLIC DRESSING



INGREDIENTS

- 1/2 cup of natural yogurt
- 1/2 tsp garlic powder
- Juice of 1/2 lemon
- Black pepper to taste



PREPARATION

Mix all the ingredients in a bowl until you get a smooth dressing. Ideal for salads or vegetables.

SCORE



NOTES

ORGANIC BASIL



LIGHT BASIL PESTO



INGREDIENTS

- 2 tbsp basil
- 1/4 cup walnuts
- 1 clove of garlic
- 2 tbsp olive oil
- 2 tbsp light Parmesan cheese



PREPARATION

Blend all ingredients in a food processor until smooth. Adjust the salt and use with pasta or salads.

SCORE



NOTES



CHERRY TOMATOES WITH BASIL AND FETA CHEESE



INGREDIENTS

- 1 cup cherry tomatoes
- 1/4 cup feta cheese
- 1 tbsp olive oil
- Basil leaves to taste



PREPARATION

Sauté the cherry tomatoes in olive oil for 3 minutes, add basil, and top with crumbled feta cheese.

SCORE



NOTES

CEYLON CINNAMON



OVERNIGHT OATS WITH CINNAMON



INGREDIENTS

- 1/2 cup of oat flakes
- 150 ml of almond milk
- 1 tbsp chia seeds
- 1/2 tsp Ceylon cinnamon
- 1 tbsp honey



PREPARATION

Mix all the ingredients in a jar, refrigerate overnight and consume cold.

SCORE



NOTES



APPLE AND CINNAMON SMOOTHIE



INGREDIENTS

- 1 apple
- 1 small banana
- 200 ml of vegetable milk
- 1/2 tsp Ceylon cinnamon



PREPARATION

Blend all ingredients until smooth. Serve chilled.

SCORE



NOTES

ONION POWDER



HEALTHY ONION DIP



INGREDIENTS

- 1/2 cup Greek yogurt
- 1 tsp onion powder
- 1 tsp chopped chives
- Juice of 1/2 lemon



PREPARATION

Mix all the ingredients in a bowl and serve as a dip for vegetables.

SCORE



NOTES



ROASTED VEGETABLES WITH ONION POWDER



INGREDIENTS

- 2 cups of mixed vegetables
- 1 tbsp olive oil
- 1 tsp onion powder
- Salt to taste



PREPARATION

Toss the vegetables with the oil, onion powder, and salt. Bake at 180°C for 25 minutes.

SCORE



NOTES

GROUND CUMIN



CARROT CREAM WITH CUMIN



INGREDIENTS

- 4 carrots
- 1 cup of vegetable broth
- 1 tsp ground cumin
- Salt and pepper to taste



PREPARATION

Cook the carrots, blend with the broth and season with cumin, salt and pepper.

SCORE



NOTES



CHICKPEA SALAD WITH CUMIN AND LEMON



INGREDIENTS

- 1 cup of cooked chickpeas
- 1/2 cucumber
- 1 tomato
- Juice of 1 lemon
- 1/2 tsp ground cumin



PREPARATION

Mix all the ingredients in a bowl and season with lemon and cumin.

SCORE



NOTES

WHOLE BLACK CUMIN



WHOLE WHEAT BREAD WITH BLACK CUMIN



INGREDIENTS

- 250 g of whole wheat flour
- 1/2 teaspoon salt
- 1 tbsp black cumin seeds
- 150 ml of water



PREPARATION

Mix the ingredients, knead, let it rest and bake at 180°C for 25 minutes.

SCORE



NOTES



AVOCADO SALAD WITH BLACK CUMIN



INGREDIENTS

- 1 avocado
- 1 tomato
- 1 tbsp olive oil
- 1 tsp black cumin seeds



PREPARATION

Slice the avocado and tomato, drizzle with olive oil, and sprinkle with seeds.

SCORE



NOTES

CURRY POWDER



LIGHT CHICKEN CURRY



INGREDIENTS

- 200 g of chicken breast
- 1/2 onion
- 1/2 cup light coconut milk
- 1 tbsp curry powder



PREPARATION

Sauté the onion, add the diced chicken, the curry powder, and the coconut milk. Cook for 10 minutes.

SCORE



NOTES



CURRIED LENTILS



INGREDIENTS

- 1 cup of cooked lentils
- 1 chopped carrot
- 1/2 onion
- 1 tbsp curry powder



PREPARATION

Sauté the onion and carrot, add the lentils and curry powder, and cook for 10 minutes.

SCORE



NOTES

GINSENG POWDER



ANTI-STRESS SMOOTHIE



INGREDIENTS

- 1 tsp powdered ginseng
- 1 banana
- 200 ml of almond milk
- 1 tbsp pure cocoa



PREPARATION

Blend all ingredients until creamy.

SCORE



NOTES



GINSENG AND LEMON TEA



INGREDIENTS

- 1 cup of cooked lentils
- 1 chopped carrot
- 1/2 onion
- 1 tbsp curry powder



PREPARATION

Sauté the onion and carrot, add the lentils and curry powder, and cook for 10 minutes.

SCORE



NOTES

PROVENÇAL HERBS



PROVENÇAL BAKED VEGETABLES



INGREDIENTS

- 2 cups of mixed vegetables
- 1 tbsp olive oil
- 1 tsp Provençal herbs



PREPARATION

Blend all ingredients until creamy.

SCORE



NOTES



GRILLED CHICKEN WITH HERBS



INGREDIENTS

- 1 chicken breast
- 1 tbsp olive oil
- 1 tsp Provençal herbs
- Juice of 1/2 lemon



PREPARATION

Marinate the chicken with the oil, lemon, and herbs. Grill until golden brown.

SCORE



NOTES

GINGER



GINGER AND LEMON INFUSION



INGREDIENTS

- 2 slices of fresh ginger
- 200 ml of water
- Juice of 1/2 lemon
- 1 tablespoon of honey



PREPARATION

Boil the ginger in water for 5 minutes, strain and add the lemon and honey.

SCORE



NOTES



SAUTEED VEGETABLES WITH GINGER



INGREDIENTS

- 2 cups of mixed vegetables
- 1 tbsp olive oil
- 1 tsp grated ginger



PREPARATION

Sauté the vegetables in hot oil, add the ginger and cook for 5 minutes.

SCORE



NOTES

KELP



KELP SALAD



INGREDIENTS

- 1 cup of hydrated kelp
- 1/2 cucumber
- 1 tbsp sesame seeds
- 1 tbsp rice vinegar



PREPARATION

Mix the kelp with the sliced cucumber, seeds and vinegar.

SCORE



NOTES



MISO SOUP WITH KELP



INGREDIENTS

- 2 cups miso broth
- 1/2 cup cubed tofu
- 1/2 cup hydrated kelp



PREPARATION

Bring the broth to a boil, add the tofu and kelp, and cook for 3 minutes.

SCORE



NOTES

DRIED MARJORAM



TOMATOES STUFFED WITH QUINOA AND MARJORAM



INGREDIENTS

- 2 large tomatoes
- 1/2 cup cooked quinoa
- 1 tsp dried marjoram
- Salt and pepper



PREPARATION

Mix the quinoa with the marjoram and seasonings, stuff the tomatoes and bake for 15 minutes.

SCORE



NOTES



PUMPKIN AND MARJORAM SOUP



INGREDIENTS

- 2 cups cooked pumpkin
- 1 cup of vegetable broth
- 1 tsp dried marjoram



PREPARATION

Blend the pumpkin with the broth, heat and season with marjoram.

SCORE



NOTES

MORINGA POWDER



MORINGA GREEN SMOOTHIE



INGREDIENTS

- 1 tsp moringa powder
- 1 cup of pineapple
- 1 cup of spinach
- 200 ml of coconut water



PREPARATION

Blend all ingredients until you get a smooth shake.

SCORE



NOTES



YOGURT WITH MORINGA AND FRUITS



INGREDIENTS

- 1 tsp moringa powder
- 1/2 cup of natural yogurt
- 1/2 cup of assorted fruits



PREPARATION

Mix the moringa with the yogurt and add the fruits.

SCORE



NOTES

NUTMEG POWDER



PUMPKIN PUREE WITH NUTMEG



INGREDIENTS

- 2 cups cooked pumpkin
- 1 teaspoon of nutmeg
- 1 tbsp light butter



PREPARATION

Mash the pumpkin, mix with the butter and nutmeg.

SCORE



NOTES



GOLDEN MILK WITH NUTMEG



INGREDIENTS

- 200 ml of vegetable milk
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- Pinch of nutmeg



PREPARATION

Heat the milk with the spices, mix well and serve hot.

SCORE



NOTES

DRIED OREGANO



WHOLE WHEAT PIZZA WITH OREGANO



INGREDIENTS

- 1 whole wheat pizza base
- 1/2 cup tomato sauce
- Various vegetables
- 1 tsp dried oregano



PREPARATION

Cover the base with sauce, vegetables and oregano, bake at 200°C for 10 minutes.

SCORE



NOTES



MEDITERRANEAN SALAD



INGREDIENTS

- 1 cucumber
- 1 tomato
- 1/4 cup olives
- 1 tsp dried oregano
- 1 tbsp olive oil



PREPARATION

Mix the ingredients and season with oil and oregano.

SCORE



NOTES

CAYENNE PEPPER POWDER



SPICY DETOX TEA



INGREDIENTS

- 200 ml of hot water - Juice of 1/2 lemon
- 1 tablespoon of honey
- Pinch of cayenne pepper



PREPARATION

Mix all the ingredients and drink hot.

SCORE



NOTES



SPICY HUMMUS



INGREDIENTS

- 1 cup of cooked chickpeas
- 1 cda de tahini
- 1 teaspoon cayenne pepper
- Juice of 1 lemon



PREPARATION

Blend the chickpeas with the other ingredients until you get a smooth cream.

SCORE



NOTES

BLACK PEPPER



AVOCADO AND BLACK PEPPER SALAD



INGREDIENTS

- 1 avocado
- 1 tomato
- Freshly ground black pepper
- 1 tbsp olive oil



PREPARATION

Slice the avocado and tomato, drizzle with olive oil, and sprinkle with pepper.

SCORE



NOTES



PEPPERED SALMON



INGREDIENTS

- 200 g salmon fillet
- Juice of 1/2 lemon
- Black pepper to taste



PREPARATION

Place the salmon on a baking sheet, add the lemon juice and pepper, and bake at 180°C for 15 minutes.

SCORE



NOTES

DRIED ROSEMARY



ROSEMARY ROASTED POTATOES



INGREDIENTS

- 2 cups of diced potatoes
- 1 tbsp olive oil
- 1 tsp dried rosemary



PREPARATION

Mix the potatoes with the oil and rosemary, bake at 200°C for 25 minutes.

SCORE



NOTES



ROSEMARY FLAVORED OIL



INGREDIENTS

- 1/2 cup olive oil
- 1 tbsp dried rosemary



PREPARATION

Infuse the oil with the rosemary over very low heat for 5 minutes. Strain and use in salads.

SCORE



NOTES

CORIANDER SEEDS



YOGURT AND CILANTRO DRESSING



INGREDIENTS

- 1/2 cup of natural yogurt
- 1 teaspoon crushed coriander seeds
- Juice of 1/2 lemon



PREPARATION

Mix all the ingredients in a bowl and serve over salads.

SCORE



NOTES



AROMATIC RICE WITH CORIANDER SEEDS



INGREDIENTS

- 1 cup of basmati rice
- 2 cups of water
- 1 tbsp coriander seeds



PREPARATION

Boil the water, add the rice and seeds, and cook until the rice is tender.

SCORE



NOTES

MATCHA TEA



MATCHA LATTE



INGREDIENTS

- 1 cup of matcha tea
- 100 ml of hot water
- 100 ml of frothed vegetable milk



PREPARATION

Dissolve the matcha in hot water and add the frothed milk.

SCORE



NOTES



MATCHA GREEN SMOOTHIE



INGREDIENTS

- 1 cup of matcha tea
- 1 banana
- 1 cup of spinach
- 200 ml of coconut milk



PREPARATION

Blend all ingredients until smooth.

SCORE



NOTES

DRIED THYME



BAKED CHICKEN WITH THYME



INGREDIENTS

- 200 g of chicken breast
- Juice of 1/2 lemon
- 1 tbsp olive oil
- 1 tsp dried thyme



PREPARATION

Marinate the chicken with lemon, oil, and thyme. Bake at 180°C for 20 minutes.

SCORE



NOTES



VEGETABLE SOUP WITH THYME



INGREDIENTS

- 2 cups of vegetable broth
- 1 cup of mixed vegetables
- 1 tsp dried thyme



PREPARATION

Boil the broth with the vegetables and thyme for 10 minutes.

SCORE



NOTES

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