



5 Ways to Celebrate a World of Flavors

Sweet and Spicy

Try freshly grated ginger in oatmeal or quinoa for breakfast.

Salty and Umami

Drizzle soy sauce over cooked cabbage or other greens.

Rich and Warm

Add turmeric and curry to squash or lentil-based soups.

Warm and Sweet

Use cinnamon and cardamom in cooked grains or baked goods.

Savory and Spicy

Use garlic or Thai basil to season green beans or broccoli.