



# Turmeric powder from fresh turmeric

Why make your own?

Store-bought turmeric is often old, irradiated, or diluted.  
Fresh-made = higher potency + anti-inflammatory power

• INGREDIENT •

Fresh turmeric root (organic preferred)

• DIRECTIONS •

## 1. Wash & Prep

- Scrub turmeric thoroughly (wear gloves—it stains!)
- Slice into thin rounds for even drying

## 2. Dry Completely

Choose one:

- Dehydrator: 110–120°F for 8–12 hours
- Oven: Lowest setting, door slightly open
- Air dry: 5–7 days in a warm, dry space

**You'll know it's ready when slices are hard and snap easily**

## 3. Grind

- Use a high-speed blender, spice grinder, or coffee grinder
- Blend into a fine powder

## 4. Store

- Airtight glass container
- Keep in a cool, dark place
- Best used within 6 months



### Pro Tip

Always pair turmeric with:

- Black pepper → increases absorption (curcumin bioavailability)
- Healthy fat → enhances effectiveness



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