

Nutmeg- Jaiphala

Cooking

Nutmeg is typically associated with baked goods and sweets but it is also a nice compliment to meats, cheeses and fruits. Nutmeg is excellent with spinach and winter squashes or sprinkled over dairy products like eggnog or cappuccino foam. You can find whole nutmegs at most natural food stores where herbs and spices are sold.

Sweet and spicy, nutmeg is a must have for your spice shelf. Banana and Pecan French Toast is a must have for your next special breakfast.

An interesting note, consuming large quantities, like more than one whole nutmeg, can be poisonous.

Benefits

- Medically, nutmeg has strong antibacterial properties. It is effective in killing a number of cavity-causing bacteria in the mouth.
- Like cloves, nutmeg contains eugenol, a compound that may benefit the heart.
- Myristicin found in nutmeg has been shown to inhibit an enzyme in the brain that contributes to Alzheimer's disease and is used to improve memory.
- It is used in small dosages to reduce flatulence [excessive stomach or intestinal gas], aid digestion and improve appetite.
- In Arab countries, nutmeg is valued as an aphrodisiac [substance believed to increase sexual desire].
- Nutmeg can help to combat asthma.
- It is also used to relax muscles.

