

What's hot... Winter Spices



Nothing says winter more than the warm, comforting aromas and flavours of spices such as cinnamon, ginger, cloves and nutmeg. They are a great way to flavour food whilst cutting back on excess sugar and salt, but these winter spices also have their own unique health benefits from helping to control blood sugar to enhancing circulation and promoting good digestive health.

Cinnamon is probably best known for its ability to help beat sugar cravings as it contains a compound called cinnamaldehyde which can help to slow down the breakdown of carbohydrates in the digestive system, thereby minimising the insulin highs and lows that lead to cravings. Amongst its numerous reported help benefits, ginger has traditionally been used in herbal medicine to help alleviate an upset stomach or nausea and has proven especially beneficial for morning or travel sickness. Whilst the anti-inflammatory and natural anaesthetic characteristics of the essential oil eugenol, found in cloves, makes it an effective natural solution for toothache and oral care.

From delicious mulled berry punch to spiced cookies, here are a few of top winter spice product picks:



See p3 of
Christmas
Brochure

701004 – Tree of Life Organic Spiced Fruit & Nut Mix, 250g – **RSP £3.59**



92983 – Billy's Farm Spiced Wholemeal Cookies, 230g – **RSP £2.49**



See p9 of
Christmas
Brochure

96075 – Specialite Locale Stem Ginger Loaf Cake, 465g – **RSP £3.30**



See p19 of
Christmas
Brochure

701974 – Raw Choc Co Spiced Chocolate Almonds Gift Tin, 180g – **RSP £9.95**



See p30 of
Christmas
Brochure

702117 – Tony's Milk Chocolate bar 32% - Gingerbread, 180g – **RSP £3.98**



87608 – Choc Chick Blissful Blends Heart Warming Cinnamon Cacao, 250g – **RSP £7.99**



703680 – Café Direct Roast & Ground Organic Christmas Blend, 227g – **RSP £5.29**



See p35 of
Christmas
Brochure

98261 – Yogi Tea Christmas Tea, 17 Bags – **RSP £2.49**



44325 – Rochester Mulled Berry Punch – Organic, 725ml – **RSP £4.69**