



TRIDOSHIC SPICE BLEND

Vata ↓, Pitta ↓, Kapha ↓

Makes: 3/4 cup

Prep Time: 10 minutes

INGREDIENTS

- 2 tablespoons turmeric powder
- 1 tablespoon ginger powder
- 1 tablespoon fennel seed, whole
- 1 tablespoon coriander seed, whole
- 2 teaspoons cumin seed, whole
- 2 teaspoons fenugreek seed, whole
- 1/2 teaspoon ajwain seed, whole (if available)
- 1 teaspoon black peppercorns, whole
- 5 saffron stigmas

DIRECTIONS

1. In a spice grinder or a clean coffee grinder, add all of the spices together.
2. Grind for 1 to 2 minutes or until the mixture becomes a fine powder.

NOTE: If a grinder is not available, a mortar and pestle can be used as well as certain blenders (not all will work). If none of these options are available, just use powdered spices and simply blend them together.

ADDITIONAL TIPS

- Store in an air-tight jar, out of direct sunlight for up to one year
- Sauté in a small amount of ghee or oil before adding to any savory dish
- Pitta types should reduce the ginger powder and black pepper in half, while omitting the fenugreek and ajwain; cardamom can be added if desired
- Kapha types can add in a small amount of brown mustard seed and/or cayenne pepper for additional heating digestive benefits