



## COCONUT CURRY HUMMUS

Vata↑, Pitta↓, Kapha↓

**Makes:** 2 cups (1 pint)

**Prep Time:** 15 to 20 minutes

### INGREDIENTS

- 1/4 cup raw coconut water
- 1 tablespoon olive oil
- 1 lime, juiced
- 1/4 cup of chopped cilantro leaves
- 1/2 teaspoon turmeric powder (or Agni Churna)
- 1 teaspoon cumin powder
- 1/8 teaspoon cayenne pepper to taste (optional, omit for Pitta types)
- 1/2 teaspoon salt
- 2 tablespoons tahini
- 1 can of garbanzo beans (equals 1 1/2 cups cooked beans)

### DIRECTIONS

1. Add the coconut water, olive oil, and fresh lime juice to the blender.
2. Chop up the cilantro and add them to the blender.
3. Add the turmeric (or Agni Churna), cumin, cayenne pepper (if used), salt, tahini, and garbanzo beans.
4. Blend on high for 2 to 3 minutes or until the hummus is completely smooth and creamy. If more liquid is needed, stir half way through and add in a splash of coconut water.
5. Enjoy this hummus as a veggie dip, a spread, or indulge straight out of the jar. Hummus makes a healthy snack option with its high protein, appetite-sustaining properties and can be eaten regularly by both Pitta and Kapha types during the warmer seasons.
6. Store in an airtight container in the refrigerator for up to 6 days.

**Health tip:** Hummus is tastier and more nutrient rich when you are able to cook the beans from scratch. This can be very simply done by placing the chickpeas in a slow cooker and cooking them for 6 to 8 hours on a high temperature. Strain and use 1 1/2 cups to replace 1 can of cooked beans.

## **OPTIONAL DOSHIC VARIATIONS**

### **Vata:**

Garbanzo beans are said to be Vata-provoking due to their light and drying nature. Therefore many Vata types may experience gas and bloating after consumption. In order to avoid this use a larger amount of digestive spices, ideally using at least 1 teaspoon of Vata Churna rather than the turmeric. The olive oil should be used generously and can be increased up to 2 tablespoons. If the beans are still causing gas and bloating, this recipe should be avoided until the digestive fire is stronger and in balance.

### **Pitta:**

This recipe is overall Pitta-reducing and a great option during times of high Pitta, mid-late spring and throughout the summer season. To aid in making this recipe even more Pitta-soothing it is recommended to omit the cayenne pepper completely. Extra coconut water, cilantro, and lime juice can be added as desired. If available, Pitta Churna is a great replacement for the turmeric.

### **Kapha:**

Garbanzo beans are a wonderful dietary staple for Kapha dosha! They are light and airy, yet they will sustain the hunger for long periods of time. This recipe is a great choice for Kapha types, although a few modification can be made as needed. The tahini can be reduced to 1 tablespoon. Extra cayenne pepper can be added to help increase the digestive fire, and the turmeric can be replaced with 1 teaspoon or more of Kapha Churna.