



VATA MASALA

Vata↓, Pitta↑, Kapha↓

Makes: 1 cup

Prep Time: 10 minutes

INGREDIENTS

- 4 tablespoons turmeric
- 4 tablespoons ginger powder
- 3 tablespoons cumin seed, whole
- 2 tablespoons cinnamon powder
- 2 tablespoons fennel seed, whole
- 1 tablespoons fenugreek seed, whole
- 1 tablespoon black peppercorns, whole
- 1 teaspoon mineral salt or pink Himalayan salt
- ¼ teaspoon hing

DIRECTIONS

1. Place all of the ingredients into a blender.
2. Blend on high for 1 to 2 minutes or until all of the whole seeds have been ground into a powder.
3. Place the spices into a bowl and manually stir them to ensure even blending.
4. Place the spices in an airtight glass jar.
5. It is recommend to sauté the spices in ghee or sesame oil for 30 to 60 seconds before adding it to your recipe; however, it will still be beneficial to simply sprinkle it on top of your food for a quick, healthy, and delicious meal addition.

STORAGE TIP

These spices will keep their flavor and health properties for about 6 months to a year. They should be stored in an airtight jar, out of the direct sunlight. Make sure to always use a clean, dry spoon in order to avoid any contamination.

USAGE TIP

As a general recommendation, you can replace turmeric powder with equal amounts of the Vata Masala for any savory recipe. Although it is very tasty in kitchari and dal recipes, this spice blend can be very versatile! Try adding it to stir-fries, soups, broths, veggie sautés, rice dishes, quinoa dishes, savory porridges, or even on top of your fish, chicken, or meat. Play around a bit and explore. The possibilities are endless!