



PITTA MASALA RECIPE

Vata↓, **Pitta**↓, **Kapha**↓↑

Makes: 1 cup

Prep Time: 10 minutes

INGREDIENTS

- 4 tablespoons turmeric powder
- 4 tablespoons ginger powder
- 3 tablespoons fennel seed, whole
- 3 tablespoons coriander seed, whole
- 2 tablespoons cumin seed, whole
- 2 tablespoons shredded coconut
- 1 tablespoon cardamom powder

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 fairly fine powder.
3. Place the spices into a bowl and manually stir them to ensure an even mixing.
4. Place the spices in an airtight jar.
5. It is recommend to sauté the spices in ghee or coconut 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 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 the turmeric powder with equal amounts of the Pitta Masala in any savory recipe. If this is too difficult, simply add it to your rice or quinoa to make a beautiful, healthy, and delicious dish.

With the sweetness of the coconut and cardamom, I have recently discovered how delicious it can be in my oatmeal and breakfast porridge recipes too! Just add in a small spoonful (about ¼ teaspoon per serving) of the Masala, a dash of cinnamon, and a dab of maple syrup (optional) and enliven your mind and your taste buds each morning!