

Kapha Spice Mix

Spice mixes are an easy way to enliven your food whether you are cooking at home or eating out. They save time, and the combination of the spices provides a Kapha-balancing blend of all the six tastes.

- 6 parts coriander powder**
- 6 parts cumin powder**
- 3 parts turmeric powder**
- 2 parts fenugreek powder**
- 2 parts ginger powder**
- 1 part cinnamon powder**
- 1/2 part ground black pepper**

Mix all spices together in bulk and store in a jar. If you can, grind the seeds yourself in a coffee grinder. This will yield more aromatic and fresh spices. When you are cooking a meal, place a small amount of oil in a frying pan on medium heat. Add spice mixture, measuring out one or two teaspoons of spice mixture per serving. Sauté spices until the aroma is released – be careful not to burn them. You can flavor your soups, dal, and vegetables this way.