

# ***Pitta Spice Mix***

Vegan and Gluten Free

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

- 10 parts fennel powder
- 4 parts coriander powder
- 2 parts turmeric powder
- 2 parts cumin powder
- 1 part cinnamon powder

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.