



## Vitalizing Spice Mix

### Ingredients

1 tsp. Fenugreek seeds, ground cinnamon, whole black pepper

1 tbsp. Coriander, cumin and mustard seeds

1/4 tsp. Ground clove, ground hing aka Asafetida (ground)

Gather together all the whole seed ingredients (fenugreek, black pepper, coriander, cumin, & mustard. Heat a frying pan (you'll need a lid) and then add the seeds to roast them. This will not take long 2-3 minutes. Be aware that your mustard seeds will start to pop when hot enough which makes them jump out of the pan - this is where the lid comes in. When you smell the aroma of the seeds you can take them off the heat and out of the pan to cool off. Once it's cool, in a coffee grinder reserved for spices or, alternatively, by hand with a mortar and pestle, grind to a uniform consistency. Transfer to a small mixing bowl and stir in the remaining ground ingredients (cinnamon, clove & hing) & mix it up. Using a teaspoon, a funnel or a postcard folded in half to make a V-shaped chute, pour into a shaker jar with an airtight lid for storage.

Enjoy in soups, on cooked vegetables or greens.

Get creative.

MAKES 1/4 CUP

\*Recipes taken from Kate O'Donnel's *The Everyday Ayurveda Cookbook*

## Every Day Spice Mix

### Ingredients

1 tbsp. Whole coriander seed, whole cumin seed, turmeric powder

1 1/2 tsp. Whole fennel seed

Dry roast the whole spices in a frying pan for a few minutes, just until they release their fragrance and you can smell them. Let them cool completely. In a coffee grinder reserved for spices or, alternatively, by hand with a mortar and pestle, grind to a uniform consistency. Transfer to a small mixing bowl and stir in the turmeric powder. Using a teaspoon, a funnel or a postcard folded in half to make a V-shaped chute, pour into a shaker jar with an airtight lid for storage.

Enjoy in soups, on cooked vegetables or greens.

Get creative.

MAKES 1/4 CUP

## Every Day Sweet Spice Mix

### Ingredients

2 tbsp. Cinnamon powder, ginger powder

1 tbsp. cardamom powder

Mix the powdered spices together in a glass shaker jar. Use anytime of year. NOTE: In Ayurveda it is generally recommended to grind fresh, whole spices, but these three are not convenient to grind at home. I recommend buying them in powdered form, in small amounts from the bulk section at a store with good turnover to ensure freshness, or from a supplier you trust online. Use this in your morning shake, on your cereal, or fruit. Get creative.