

# Springtime Spice Blends~ Pacify Kapha

## Springtime Spicing Guidelines:

Use these spice blends to boost digestion in the cool spring season. You can heat the pan before adding them and lightly roast them before cooking. You can add them to dishes or season with them at the table. These spices will really liven up your springtime meals!

## Baharat Spice Blend

This is a Middle Eastern spice blend. The word Baharat means "spice" in Arabic.

- 2 Tbsp ground black pepper
- 2 Tbsp paprika
- 2 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 Tbsp ground cinnamon
- 1 Tbsp ground cloves
- 2 tsp ground nutmeg
- 1 tsp ground cardamom

Try dry roasting the spices before grinding for a rich, smoky taste.

## Italian Seasoning

These warming and drying spices are commonly found in Italian cooking and are great all season long.

- 1 ½ tsp dried oregano
- 1 tsp dried marjoram
- 1 tsp dried thyme
- ½ tsp dried basil
- ½ tsp dried rosemary
- ½ tsp dried sage

## Chai spices

These familiar spices can be used in a pungent tea or used to season your food.

- 4 Tbsp cinnamon
- 2 Tbsp cardamom
- 1 Tbsp clove
- 2 tsp ginger
- 1 tsp nutmeg
- 1 tsp black pepper

## Pancha Phoron (Indian 5 spice)

Great blend of familiar Indian spices.

- 1 Tbsp cumin seeds
- 1 Tbsp mustard seeds
- 1 Tbsp fennel seeds/anise
- 1 Tbsp black cumin seeds
- 1 ½ tsp fenugreek seeds

## Sazon

This spice blend was originally found in Latin cuisines. Usually it is made with a good amount of salt in it, but that was omitted for Kapha season.

- 1 Tbsp ground coriander
- 1 Tbsp ground cumin
- 1 Tbsp turmeric
- 1 Tbsp garlic powder
- 2 tsp. oregano
- 1 tsp black pepper

Enjoy these spice blends or make up your own. Try them on different foods and discover your own favorite tastes of the season!