
– Mint Chutney –

This chutney is reducing to Pitta dosha.

Ingredients

- 1 cup fresh mint leaves
- Juice of half a lemon
- 1 grated apple
- 1 tablespoon fresh ginger
- 3 tablespoons grated coconut (optional)

Directions

Combine all ingredients in a blender or food processor and blend. Add water to get the desired consistency.

– Cilantro Chutney –

This chutney is reducing to Pitta dosha.

Ingredients

- 1 bunch fresh cilantro
- ¼ cup fresh lemon juice
- ¼ cup water
- ¼ cup grated coconut
- 2 tablespoons fresh ginger root, chopped
- 1 medium sized granny smith apple
- 1 teaspoon sea salt
- ¼ teaspoon fresh ground black pepper

Directions

Blend the fresh cilantro, lemon juice, and water until the coriander is chopped. Add the rest of the ingredients and blend until it is like a paste.

This can be stored in the refrigerator for up to one week.

For a silkier texture use only the leaves and the tops of the fresh coriander stalks.



– Tamarind Chutney –

This chutney is balancing to Vata and Kapha doshas.
It is aggravating to Pitta dosha.

Ingredients

200 grams Tamarind
300 grams Jaggery (aka Gur) OR raw sugar
2 tsp roasted cumin seeds, powdered
2 tsp red chili powder
salt to taste
1 tsp black salt
1 tsp Garam masala

Directions

Add 5 cups of water to the tamarind and cook for 10 minutes.

Strain it and add the jaggery/sugar, chili powder, cumin powder, salt, and garam masala and mix well.

Cook again on medium flame until the jaggery/sugar dissolves completely and the chutney gets semi thick (not too thick).

Take out the pulp from the chutney.

This chutney thickens more on cooling, so check for consistency when using.

– Sesame Seed Chutney –

This chutney is very helpful for all three doshas.

Ingredients

1 cup roasted and ground sesame seeds
1 teaspoon cayenne pepper
¼ teaspoon salt

Directions

Blend ingredients together in a food processor and serve.

You may store this mixture in a airtight container.

