

Tridoshic Spice Mix (aka, the CCF. This one is in shakers on all the tables at Kripalu) Have this handy (for all time!). These spices are the most effective digestive aids in the spice-a-copia. They work on the GIT from the stomach down to the colon, stimulating appetite, digestion, assimilation, elimination, reducing gas and inflammation.

Grind 1 part cumin seed, 1 part coriander seed, 1 part fennel, 1 part turmeric.

Note: Some people are not into the taste of fennel in their savory dishes. I would test it out before you make a bunch. I've been known to use ½ part fennel. For winter, you can add one part ground ginger and/or 1/8 part hing.