

Radiant You™ Smart Spice Recipe

Use ½ to 1 tsp. daily with lunch and dinner. You may vary the proportions to taste. The recipe given is suitable to all Digestive Types. Earthy types may wish to reduce the fennel and add 1/2 tsp. ginger or ¼ tsp. black pepper for a peppier palate.

<u>SPICES:</u>	<u># of TEASPOONS:</u>
Fennel	10
Cumin	6
Coriander	6
Turmeric	6

INSTRUCTIONS

Measure the number of teaspoons listed for each of the ingredients above. If it does not add up to at least 14 teaspoons, double each amount. Ideally use whole seed form when available, and grind fresh in a spice/coffee grinder every two weeks. Store all powdered spices in an airtight container and keep in a cool place away from direct sunlight.

To get the full benefit of both water-soluble and fat-soluble fractions of these spices, **do both of the following at lunch and dinner each day**. This combined approach brings out the optimum healing properties of the spices.

To get full benefit from the water-soluble fraction:

Mix 1/2 teaspoon of your personal spice mix with soup, or cook in with your grain or vegetables. If you do not prepare any grain in water or vegetables, at least sprinkle lightly toasted spices over your food at the table (see "for meals away from home" below).

To get full benefit from the fat-soluble fraction:

Measure 1/2 teaspoon of your spice mixture in one tablespoon of melted ghee (clarified butter) or pure vegetable oil, and heat until aroma is apparent. Apply spiced ghee/oil to your grain or other dishes just before serving.

For meals away from home:

Stir the spices in an ungreased pan over medium heat until lightly browned. Then put in a small container and carry with you. Sprinkle on your vegetables or other dishes when you eat out during the day.