

“Build your Digestive Fire”

Make your own Herbal Chewing Mix

Ingredients

- ½ cup Fennel seeds
- 1 cup Sesame seeds
- 2 cups Unsweetened coconut flakes
- ½ tsp Turmeric
- 2 Tbsp Cardamom
- 1 Tbsp Clove
- 1 tsp Mineral Salt (or Black salt if available)

Directions

1. In a cast iron pan, roast fennel and sesame seeds until they turn color to light brown (the sesame seeds will pop so cover with a splatter screen).
2. Add coconut and roast for a few more minutes until it turns golden brown, constantly stir to prevent burning.
3. Place the coconut and sesame and fennel seeds in a bowl.
4. Add the remaining spices and stir well.
5. Let cool completely before storing in the fridge.

Enjoy 1-2 tsp after each meal. Chew well to get maximum benefit.

Keep some of the mixture in a small bowl on your dining table or take some with you to make it available right after a meal. Keep the remaining mix refrigerated.

Feel free to experiment with different measures of the ingredients for variety in taste.

For different texture, grind roasted sesame, fennel and coconut in a food processor.

Roasted Cumin and Fennel Seeds

Ingredients

- ½ cup Cumin seeds
- 1 cup Fennel seeds
- ¼ cup Water
- Mineral Salt to taste (Black Salt if available)

Directions

1. Dry roast seeds in an iron cast pan on medium heat until they turn light brown
2. Add water and stir
3. Continue roasting until all water evaporates
4. Add salt

Be creative and make up your own recipe- and feel free to share.