
— 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

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

— Cilantro Chutney —

This chutney is reducing to **Pitta** dosha.

Ingredients

- * 1 bunch fresh cilantro
- * ¼ c. fresh lemon juice
- * ¼ c. water
- * ¼ c. grated coconut
- * 2 Tbsp. fresh ginger root, chopped
- * 1 medium sized granny smith apple, chopped
- * 1 tsp. sea salt
- * ¼ tsp. fresh ground black pepper

Directions

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

Note

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 cilantro stalks.



— Tamarind Chutney —

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

Ingredients

- * 5 c. water
- * 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

1. Add 5 c. of water to the tamarind and cook for 10 minutes.
2. Strain the mixture and add the jaggery/sugar, chili powder, cumin powder, salt, and garam masala. Mix well.
3. Cook again on medium heat until the jaggery/sugar dissolves completely and the chutney gets semi thick (not too thick).
4. Take out the tamarind pulp from the chutney.

Note

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 c. roasted and ground sesame seeds
- * 1 tsp. cayenne pepper
- * ¼ tsp. salt

Directions

1. Blend ingredients together in a food processor and serve.

Note

You may store this mixture in an airtight container.



— Avocado Coconut Chutney —

Ingredients

- ✦ 2 medium avocados, cut into cubes
- ✦ juice of one lemon
- ✦ 2 Tbsp. grated ginger
- ✦ ¼ c. grated coconut
- ✦ ½ tsp. mustard seeds
- ✦ 1 tsp. cumin seed powder
- ✦ 1 tsp. coconut oil
- ✦ a little chopped cilantro
- ✦ salt and pepper to taste

Directions

1. Toss the avocado cubes with the coconut, ginger, and lemon juice.
2. Lightly toast the mustard seeds and cumin powder in the coconut oil and add to the avocado mixture.
3. Add cilantro and salt to taste.

— Tomato Chutney —

Ingredients

- ✦ 1 Tbsp. olive oil
- ✦ 1 Tbsp. ghee
- ✦ 1 shallot, minced
- ✦ 2 tsp. minced garlic
- ✦ 4 large tomatoes, diced
- ✦ ⅓ c. jaggery (or gur, sucanat, turbinado, Sugar in the Raw)
- ¼ c. apple cider vinegar
- ¼ tsp. ground ginger
- ✦ ½ tsp. cumin powder
- ✦ ½ tsp. chili powder
- ✦ ½ tsp. turmeric powder
- ✦ 1 tsp. salt

Directions

1. In a large skillet, add the olive oil, shallot, and garlic and heat over medium-high heat. Gently sauté until they begin to soften.
2. Add in the tomatoes, sugar, vinegar, ginger, cumin, chili powder, and salt. Stir till combined.
3. Simmer for 1 hour, stirring occasionally, until the chutney reduces to a jammy consistency.
4. Once cooked, remove from the heat and mash by hand or pulse in a food processor or blender.
5. Allow to cool and serve. You may store this in an airtight container in the refrigerator until ready to use.

Note

To make this recipe more **Pitta**-friendly, add ¼ c. dried rose petals in step 2.

