

# THREE SEASONS AYURVEDA



## Crunchy-Spicy Chickpeas



This is a very simple, savory snack that has the qualities of dryness, spiciness and roughness which are all good for the Kapha dosha.

### **Equipment needed**

1 sauté pan  
1 cookie sheet  
1 piece parchment paper

### **Ingredients**

1 pound cooked garbanzo beans  
1-2 Tablespoon of ghee or olive oil  
Kosher salt to taste  
Kapha Spice Blend\*

### **Directions**

Cook raw garbanzo beans in 4 quarts of water until tender, about an hour. Drain and cool or use store bought.

Toss the beans with the ghee or oil and combine 2 tablespoons of Kapha spice blend and the salt. Place beans on a parchment lined cookie sheet and bake for 60-75 minutes at 350 degrees until crunchy, Let cool.

### **Kapha Spice Blend**

#### **Equipment needed**

Spice grinder or coffee grinder  
Strainer

#### **Ingredients**

1 Tablespoon Cumin seeds  
1 Tablespoon Coriander seeds  
1 Tablespoon Fennel Seeds  
1 Tablespoon Fenugreek Seeds  
1 Tablespoon Ground Turmeric  
1 Tablespoon Ground Ginger  
1 tsp Ground Cinnamon  
1/2 tsp Ground Cayenne

**Directions**

In a super hot sauté pan toast the cumin, coriander, fennel and fenugreek seeds for a minute or two (until you smell the aroma of them). Let cool in a separate bowl to stop the cooking process. In a spice grinder (coffee grinder) place the toasted spices and grind to a powder. Strain the mixture through a fine strainer.

Combine the sifted spices with the other ground spices.

Store in an air tight container.

\* Recipe can be purchased from my website.

**Variations for the Doshas**

For Vata: Not recommended because of dryness.

For Pitta: Use the Pitta dosha spice blend

\*This spice blend can be purchased form my website: [www.threeseasonsayurveda.com](http://www.threeseasonsayurveda.com)