Spring Recipes:

Cumin and honey digestive recipe:

Cumin seed is used in ayurveda to treat a number of disorders including digestive tract disorders. There are numerous benefits in cumin, and a book could be written if all the ayurvedic recipes that use cumin were to be collected. Cumin is used in various recipes alongside other herbs, for indigestion, anorexia, flatulence, menstrual pain, fatigue, excessive thirst, coughs, fever, itching, vomiting, diarrhoea, colicky pain, intestinal worms and dental problems. It has a pungent taste and hot potency and it is a digestive remedy par excellence.

The cumin and honey digestive recipe here is mild in taste, due to the addition of honey. However, honey is not added just for the taste. Honey itself adds to the effectiveness of the digestive properties of the cumin. This remedy is good to take for adults, children, and the elderly. If you have digestive issues, you will start to experience the benefits after taking it regularly for at least 2 weeks. Even though cumin and honey are common kitchen ingredients, we advise you to be cautious if you have complex health conditions and begin by taking a ¼ tsp of the mixture on day one, building it up to ½ tsp the next day, and then the full dose of ½ tsp twice a day on day 3.

Ingredients:

100g cumin seeds

Honey

In a frying pan dry roast the cumin seeds, on medium heat, stirring constanty for a few minutes. You will see the water content start to evaporate from the cumin seeds. When they start to change colour and become fragrant, turn the heat off and remove them from the pan into a plate to cool them. When cooled, grind the seeds in a spice or coffee grinder into a fine powder.

Take half a teaspoon of ground cumin mixed with half tsp honey, before meals, twice a day.

Alternatively, you could add a few tablespoons of honey to all of the ground cumin, mix and then make small balls, using around a flat tsp of the mixture, to be kept in a jar. Take one ball before meals, twice a day.