

Ayurvedic Cucumber Gazpacho, Vegan, Gluten Free,
Pitta, Vata, Kapha Dosha Modifications
Betty Brown

Makes 3–4 cups

INGREDIENTS:

- 1 fresh leek whites
 - 2 organic medium cucumbers (English cucumbers preferred)
 - 1 cup sweet cherry tomatoes
 - ½ C. fresh parsley
 - juice of 1 lemon
 - 1 C. vegetable stock
 - 1/4 C. cold-pressed extra-virgin olive oil
 - ½ tsp Himalayan salt
 - 1/8 tsp Pitta Spice Blend *
- Garnish with: diced cucumbers, fresh cilantro, roasted sunflower seeds, roasted pumpkin seeds, coconut yogurt



DIRECTIONS:

1. chop the white portion of leeks into small pieces
 2. wash, peel, and seed 2 medium cucumbers and chop them into chunks
 3. wash and mince parsley
 4. add all ingredients to a blender, and blend until smooth
 5. add extra Himalayan salt, Pitta Spice Blend to taste and other dosha specific spices to taste
 6. chill just enough to serve cool or serve at room temperature
- See below for dosha modifications.

***PITTA SPICE BLEND RECIPE:**

- 1 Tablespoon Coriander Seeds
- 1 Tablespoon Fennel Seeds
- 1 Tablespoon Cumin Seeds
- 2 teaspoon dried mint leaves
- 1/2 teaspoon ground cardamom
- 1 Tablespoon Turmeric powder

DIRECTIONS:

Add spices to a spice grinder or coffee grinder and grind them. Store in an airtight container in the dark (such as inside the cabinet).

AYURVEDA DOSHA ADJUSTMENTS:

Vata Dosha:

- use whole milk yogurt
- serve at room temperature
- add a small pinch of smoked paprika or cayenne pepper
- add ground black pepper or ground long pepper

Pitta Dosha:

- follow recipe as written

Kapha Dosha:

- may serve at room temperature
- add 1 clove of garlic
- add 1/8 teaspoon of cayenne pepper
- add ground black pepper
- omit yogurt as garnish
- garnish with a small amount of jalapeno peppers