



Pitta-Balancing Coconut Chutney

This Pitta balancing coconut chutney is a cooling Ayurvedic recipe that adds flavor while supporting digestion and reducing excess heat.

Servings: 4

Preparation Time: 10-15 minutes

Ingredients



- 1/2 cup grated fresh coconut (or **dried** if fresh is not available)
- 1 tbsp chopped cilantro
- 1/8 tsp **ground black pepper**
- 1/2 tsp **ground coriander**
- 1/2 green chili (optional, or omit for Pitta)
- 3-4 curry leaves
- 1/2 tsp **ghee** (or **make your own**)
- Juice of 1/2 lime
- 1/2 tsp **pink Himalayan salt** (or to taste)
- Water as needed for consistency

Instructions

- In a small skillet, heat the ghee. Add the black pepper, ground coriander, curry leaves, and green chili (if using) and saute until aromatic. Allow to cool slightly.
- In a blender, mix all ingredients into a thick, smooth paste.
- Add water a tablespoon at a time until desired consistency.
- Serve fresh.

Pitta-Balancing Coconut Chutney (Cont.)



While cooling, this is excellent for all types during the hot summer months. If digestion is slow or irregular, add some more chili.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

