



FODMAP FRIENDLY CURRY POWDER

www.thesheepareout.com

Yes, it is easier to buy an already blended spice mix from the store, but this version lets you adjust the heat level to your (or your family's) preferences or dietary needs. My version creates a blend suitable for low FODMAP diet dishes, while giving you a fresher flavor than you'll find from the store shelf. For the best curry powder, grind whole cumin and coriander seeds in a spice or coffee grinder. I use powdered here for quickness.

INGREDIENTS:

2 tbsp. ground cumin	2 tsp. paprika (or cayenne for more heat)
2 tbsp. ground coriander	2 tsp. dry mustard powder
2 tbsp. ground cardamom	1 tsp. ground ginger
2 tbsp. turmeric	1 tsp. ground cinnamon

DIRECTIONS:

1. Combine the spices in a bowl, then pour into an air tight container.
2. Store in a cool, dark place. Use in any recipe that calls for curry powder. The curry powder can be used in a vinaigrette, tossed with potato or yam wedges for oven roasting, or rubbed onto a whole chicken before roasting. Enjoy!

2015 Recipe by: The Sheep Are Out at <http://www.thesheepareout.com/>