



SWEET POTATO AND FLAX SEED KEFIR

Vata↓, Pitta↓, Kapha↑

Makes: 4 cups

Prep Time: 5 to 10 minutes

Steam Time: 15 to 20 minutes

Blend Time: 5 minutes

INGREDIENTS

- 3 cups homemade Kefir
- 1 medium sweet potato, chopped into small cubes
- 2 to 4 tablespoons freshly ground flax seed*
- 2 teaspoons cinnamon**
- 1/4 teaspoon ginger
- 1 tablespoon honey (optional)

*If a high speed commercial blender is being used (i.e. Vitamix or Blendtec), the flax seed can remain whole. Otherwise they should be ground-up separately (using a spice grinder or blender) directly before making this recipe.

**The cinnamon can be replaced with 1 teaspoon of plain cinnamon and 1 teaspoon of our Ayurvedic Breakfast Spices for more flavor and health benefits!

DIRECTIONS

Steaming the sweet potato:

1. Chop up the sweet potato into small cubes. Keep the skins on to preserve all of the nutrients.
2. In a medium sauce pan add an inch or two of water and then place the steam basket in the pan. Add the sweet potatoes into the steam basket and cover with a lid. Cook over medium heat for 15 to 20 minutes or until the sweet potato is completely soft and steamed all the way through.
3. Allow a bit of time for the sweet potato to cool before adding them to the blender, as the heat may kill the vital probiotics in the kefir.

Blending the kefir drink:

1. Place the kefir, steamed sweet potato (after cooling), freshly ground flax seed, honey (optional), and spices into a high speed blender.
2. Blend these ingredients on high for 2 to 3 minutes, depending on the strength of the blender. Ideally you should have a finished result of a smooth and creamy beverage. If chunks of sweet potato remain, keep blending!
3. Enjoy a cup after meals as a healthy desert or between meals as an energizing snack!

OPTIONAL DOSHIC VARIATIONS**Vata:**

Vata types should drink this at room temperature or slightly warmer to avoid increasing the coldness of Vata. Other warming, grounding spices can be added as well such as extra cinnamon, fresh ginger, Ayurvedic Breakfast Spices, or nutmeg. Since flax seeds can be overly drying for Vata, 1 to 2 tablespoons should be added rather than the 2 to 4 tablespoons recommended.

Pitta:

This recipe is overall very sweet and cooling for Pitta types. However the cinnamon may be needed to be used sparingly (1/2 to 1 teaspoon) and grated fresh ginger should be used over the dry powder. Cardamom powder (1/4 teaspoon) can be added for a cooling spice if desired. The honey should be replaced with either maple syrup or pitted dates.

Kapha:

This recipe is overall Kapha-increasing due to the cool, heavy, and sticky nature of the ingredients. To make this a bit more Kapha-friendly, one can use a non-dairy homemade Kefir alternative such as almond milk or hemp milk kefir. They can further reduce the amount of kefir to 2 cups and replace the remaining amount with 1 cup of water. The spices can be doubled and more digestive spices can be added such as Ayurvedic Breakfast Spices (1/2 teaspoon) or turmeric (1/8 teaspoon) and/or clove powder (pinch).