



## **MIND-BOOSTING MESQUITE POWER DRINK**

Vata ↓, Pitta ↓, Kapha ↑

**Makes:** 16 ounces

**Prep Time:** 10 minutes

### **INGREDIENTS**

- 1 cup of plain kefir (homemade is best, get our homemade kefir recipe here!)
- 6 ounces of raw coconut water (I prefer the Harmless Harvest brand if a fresh young coconut is not available)
- 1 tablespoon raw mesquite powder (available at most health food grocery stores, amazon or Mountain Rose Herbs)
- 1 tablespoon hemp seeds
- 1 tablespoon raw pumpkin seeds
- 1 tablespoon chia seeds
- Fresh ginger (1/2 inch cube), minced
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey

### **DIRECTIONS**

1. Place all of the listed ingredients into the blender.
2. Blend on high speed for 2 to 3 minutes or until a completely smooth and creamy texture is reached. If chunks remain, continue to blend as needed.
3. Drink 8 to 16 ounces as a sustaining breakfast shake, an energizing snack or a powerful post-workout protein boost!

### **OPTIONAL DOSHIC VARIATIONS**

#### **Vata:**

This strengthening, hydrating, Ojas-increasing drink is great for Vata types and during Vata imbalance. It is useful in times of irregular digestion, low energy, anxiety, constipation, dryness, depletion, and general debility. The chia seeds should be soaked for at least 1 hour in 1/2 cup of water to make them more Vata-friendly and the honey can be replaced with 1 to 2 soaked and pitted dates if preferred. If the drink is too cooling for Vata, warming spices can be added such as extra ginger, turmeric (just a pinch!), or cinnamon. Otherwise Vata predominant individuals can enjoy as is!

**Pitta:**

This power seed drink is overall very cooling, soothing, and pacifying for Pitta types. The kefir should be homemade (store bought is considered sour and heating) for the most Pitta-reducing benefits. The honey can be heating for some Pitta types and should be replaced with an equal amount of maple syrup or 1 to 2 soaked and pitted dates. Otherwise Pitta can cool down and energize as needed with this protein rich drink!

**Kapha:**

Due to the sweet and heavy nature of some of the ingredients (i.e. yogurt and coconut water) Kapha may become increased from this recipe. To make this recipe more Kapha-friendly, the dairy milk kefir should be replaced with either homemade dairy kefir (goat's milk is the best animal dairy for Kapha) or a dairy alternative kefir such as almond milk or hemp milk kefir (ideally still homemade). The coconut water should be replaced with plain water. If this drink recipe still seems a bit cooling, heavy, or congestive for your Kapha, add in some warming digestive spices such as dry ginger powder, turmeric (just a pinch!), cinnamon, or black pepper (just a pinch!). Even with the recommendations above, this drink should not be taken more than 1 to 2 times each week by Kapha types.