

GOLDEN SPICED SWEET LASSI

Vata↓, Pitta ↓, Kapha ↓

Makes 2 cups / Prep time: 10 minutes

INGREDIENTS

- 1 cup plain yogurt (use goat yogurt or non-dairy yogurt for Kapha)
- 1 cup coconut water (use water for Kapha)
- 1/4 teaspoon cinnamon*
- 1/8 teaspoon turmeric*
- 1/8 teaspoon ginger powder*
- Large pinch cardamom powder*
- 3 saffron stigmas
- 1/2 teaspoon vanilla extract
- 2 teaspoons honey (use maple syrup for Pitta)

*These spices can be replaced with 1/4 to 1/2 teaspoon of the Ayurvedic Breakfast Spices

DIRECTIONS

1. Place the yogurt and coconut water into a large jar or small mixing bowl.
2. Add in the cinnamon, turmeric, ginger, cardamom, saffron, vanilla, and honey.
3. Blend well using a hand blender for 30 to 60 seconds. If this is not available, a regular blender can be used.
4. Take 1/2 cup of the lassi directly after a meal or between meals to boost the digestive fire, promote healthy gut flora, and reduce symptoms of gas and bloating.
5. Store in an airtight jar in the refrigerator for 5 to 6 days.