



## VATA-REDUCING SMOOTHIE

**Makes:** 2 cups

**Prep Time:** 5 minutes

**Cook time:** 10 to 15 minutes

### INGREDIENTS

- 1 1/2 packed cups chopped sweet potato
- 1 cup unsweetened almond milk
- 1/4 cup plain yogurt
- Fresh ginger (1 inch cube), minced
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/8 teaspoon turmeric
- 3 saffron stigmas
- 1/2 teaspoon vanilla extract
- 2 to 3 teaspoons honey

### DIRECTIONS

1. Place a steam basket into a medium sauce pan. Pour about 2 inches of water into the pan. The water level should be directly below the bottom of the steam basket for the best steam. Bring the water to a boil as you begin to chop the sweet potato.
2. Chop the sweet potato into small, fairly even cubes about 1/2 inch in size.
3. Add the sweet potato to the steam basket and cover the pan. Cook over medium heat for 10 to 12 minutes or until the sweet potato is completely soft all the way through.
4. As you steam the potato, begin to prepare the remaining ingredients.
5. Add the almond milk, yogurt, minced ginger, cinnamon, cardamom, turmeric, saffron, vanilla, and honey to the blender.
6. Once the sweet potato is cooked, add them into the blender.
7. Blend on high for 2 to 4 minutes and serve.
8. Enjoy this smoothie recipe during the fall and winter seasons to aid in digestion, calm the mind, ground the energy, and balance out Vata.