

Digestive Lassi

makes 1 cup (250 ml)

Lassi is an Ayurvedic drink to be served during or after a meal. It aids digestion and is good for all doshas. Mixing yogurt with water makes it more easily digestible and lighter for Kapha dosha.

1/4 cup (60 ml) fresh, plain yogurt, (see recipe below)

3/4 cup (180 ml) water

1 pinch salt

1 pinch pepper

1 pinch cumin 1 pinch ginger

Blend all ingredients in a blender for about 10 seconds, until the drink is smooth and slightly frothy.