



Lassi

About Lassi:

Lassi is the natural way to get probiotics. It is important to colon health. It inhibits the growth or overgrowth of toxic bacteria in the gut. It is good in almost all disturbances or disorders of the gastrointestinal tract according to the Ayurveda. It is the preferred way to take yogurt, as it is light, easy to digest and less likely to create Ama. Yogurt can be cold and heavy and amagenic. The best approach is to make your own yogurt for lassi.

To Make Lassi:

Mix 1 part yogurt with 3, 4, or 5 parts water according to preference. More water makes the lassi lighter to digest. Blend well.

Digestive Lassi:

Mix ½ cup yogurt, 2 cups room temperature water, ¼ tsp ground cumin, ¼ tsp salt in blender for 1-2 minutes. Skim foam off top. Makes enough for two large glasses.

Sweet Lassi:

Mix ½ cup yogurt, 2 cups room temperature water, ½ tsp Turbinado sugar, 4 drops rose water, ¼ tsp cardamom in blender for 1-2 minutes. Skim foam off top. Makes enough for two large glasses.