

## Digestive Lassi Recipes

Lassis are a good way to get the digestion going, and may be taken as a mid-morning or mid-afternoon snack. Because yogurt is heavy and cold, it can disturb vata and kapha. But, when taken with water and spices, its balancing properties can come to the fore into a lassi or takra.

\* Use room temperature yogurt for best results – just take it out of the fridge 30 minutes or so before using.

## Digestive Lassi

### Ingredients:

1 part yogurt  
3 parts water  
1/4 tsp toasted and powdered cumin seed  
Grated ginger  
sea salt to taste  
fresh cilantro leaves (optional)

### Directions:

Mix well with blender or shake in jar