LASSI RECIPES

“Normal” Lassi Recipe Ingredients:

- · €1/4-1/2 cup yogurt
- · €1 cup water
- · €1/2 tsp. organic raw sugar (or to taste)

· You can add cardamom, cinnamon, rose water, etc. Directions:

Blend all ingredients together until smooth (for at least one minute). It’s not enough to just stir it – it needs to be blended for at least one minute to turn into lassi, rather than just ‘wet yogurt’.

Drink the lassi at room temperature.

Digestive Lassi Recipe Ingredients:

- · €3 parts water
- · €1 part yogurt
- · €Pinch of salt to taste (black salt is good for digestion).
- · €1 or 2 pinches of powdered cumin.
- · €1/4-1/2 tsp. chopped mint or cilantro (coriander) leaves.

Directions:

1. Blend thoroughly for at least one minute.
2. This recipe is usually taken after lunch.