

Ayurvedic salty Lassi



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A salty Lassi helps keep Vata in balance while traveling – and at other times as well. It is easy to prepare and can be brought along in the car or on the train.

Ideally use fresh, home-made yoghurt from whole milk or organic yoghurt. Add some spices and a little salt.

For 2 glasses of 200 ml each:

- 100 ml yoghurt
- 300 ml water
- ½ TS coriander seeds
- ½ TS cumin seeds
- 1 pinch of rock salt
- 1 pinch of Pippali (Long pepper)

Preparation:

Whisk the yoghurt and the water together well (with a blender or mixer) to form a homogeneous liquid. Dry-roast the coriander and cumin seeds on a low flame, then grind them finely. Mix the powder into the Lassi and add salt to taste.

Enjoy!