

Ayurvedic Buttermilk

First of all, this buttermilk is very different from what we call buttermilk in the West. This recipe is often used to restore the beneficial intestinal bacteria — a unique and difficult task. It is very good for assimilation and provides an excellent source of crucial digestive microbes. Ayurvedic buttermilk is better than yogurt or lassi for lightening emotions, as it is a lighter drink that does not increase Kapha. This delicious recipe helps restore the beneficial bacteria in the intestinal tract, thus helping digestion and assimilation.

Serves 1

Ingredients

- ¼ cup fresh cold yogurt (make your own fresh, when possible, for great results)
- ¾ cup purified cold water (cold is important)
- ¼ tsp. cumin powder
- ¼ tsp. coriander leaf (also called cilantro)
- 1 pinch of rock salt (sea salt is an acceptable substitute)

Directions

1. Place the freshly-made yogurt in the blender and blend for three to five minutes. Add the cold water, and blend again on low for three to five minutes.
2. Collect and discard the fatty foam on top. Repeat blending and remove further fatty foam if yogurt still seems thick or solid white (should appear watery but cloudy in color when finished).
3. Add the three spices/herbs and stir by hand briefly, just enough to mix the spices evenly.
4. Serve at room temperature.

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