

Lassi

Lassi (pronounced "LAH-see") is simply fresh yogurt blended with room temperature water. Yogurt by itself can clog the channels of the digestive and elimination systems, drinking a lassi actually aids digestion. Thinning yogurt with water and blending it changes the molecular structure so it is more easily assimilated. You may drink it before your midday meal.

Sweet Lassi:

Blend to taste:

- 1 part yogurt
- 3 parts water
- Pinches of cardamom, sugar and rosewater

Digestive Lassi:

Blend to taste:

- 1 part yogurt
- 3 parts water
- Pinches of ginger, cumin, salt and black pepper