



Mint Buttermilk (Takra)

Mint buttermilk, known as takra in Ayurveda, is a traditional Ayurvedic digestive drink used to support agni (digestive fire) and improve digestion after meals.

Servings: 2

Preparation Time: 5-7 minutes



Ingredients

- 1 cup plain, full-fat, non-homogenized yogurt (7 Stars works well in this recipe)
- 2 cups water
- 1 tbsp chopped mint leaves
- Pinch of roasted **cumin powder** (Dry roast in a pan, then cool)
- 1 tsp **maple syrup**
- **Pink Himalayan salt** to taste

Instructions

- In a blender (or with an immersion blender) mix yogurt and water until fat forms on the top.
- Scrape off the fat (this can be discarded, used as butter, or saved to make ghee).
- Add mint leaves, roasted cumin powder, maple syrup, and salt and blend again.
- Serve room temperature.

Mint Buttermilk (Takra) (Cont.)



While cooling, this is excellent for all types during the hot summer months. If digestion is slow or irregular, add some ginger.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

