



Sweet Rose Buttermilk (Takra)

Sweet rose buttermilk, or takra, is a traditional Ayurvedic digestive drink that offers cooling nourishment during warmer months.

Servings: 2

Preparation Time: 5-7 minutes



Ingredients

- 1/2 cup plain yogurt full-fat, non-homogenized yogurt
- 2 cups water
- 1-2 tsp **rose water** (edible)
- 1 tsp **raw sugar** or **maple syrup**
- Pinch of **cardamom powder**

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 rose water, cardamom, and raw sugar or maple syrup; blend again.
- Serve room temperature

Sweet Rose 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*

