



## Cilantro Cumin Buttermilk (Takra)

Cilantro cumin buttermilk, known as takra in Ayurveda, is a traditional Ayurvedic digestive drink that helps support agni and improve digestion.

**Servings: 2**

**Preparation Time: 5-7 minutes**



### Ingredients

- 1/2 cup plain non-homogenized full-fat yogurt (**Seven Stars** is a brand that works well)
- 2 cups water
- 1/2 tsp roasted **cumin powder** or **whole seeds**
- 1 tbsp chopped cilantro
- Pinch of **pink Himalayan salt**

### 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 cumin, cilantro, and salt, and blend again.
- Serve room temperature.

## Cilantro Cumin Buttermilk (Takra) (Cont.)



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

*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*

