Spring recipes:

A note about Lassi:

Lassi is the name given to diluted yoghurt drink, with some added spices. In Ayurveda, yoghurt is not advisable in spring, summer or autumn seasons. However, when it is diluted with water with added digestive spices, it can be enjoyed with immense benefit to the digestive system. In addition, lassi is recommended for thirst and burning sensations. It is an energiser for the body.

Spicy Lassi:

2 cups water

½ cup plain yoghurt

¼ tsp dried ginger

½ tsp cumin powder

Pinch of salt

Put all of the ingredients into a blender and blend until well combined.