



RECIPE FOR WHITE POPPY SEED CHUTNEY

Insomnia and Anxiety

Thyroid dysfunction, poor Liver function and inadequate Nutrition often leads to symptoms of arrhythmia, progesterone-oestrogen imbalance, weight gain, osteoporosis, depression, anxiety, insomnia, hair-loss, brittle-nails, constipation and more.

White poppy seeds help pacify the mind and promote relaxation and sleep, providing relief from restlessness and other anxiety related symptoms.

Consume during the day or just before bed (make fresh daily).

**** Note:** White poppy seeds contain small quantities of psychoactive opiates, primarily morphine, some research suggests that this can be detected in the urine for up to 48 hrs after consumption.

Ingredients:

- White poppy seed chutney recipe: 1 portion
- 1 tsp white poppy seeds
- 1 tsp shredded fresh coconut
- 1/2 tsp ghee
- 1 pinch ground cumin
- 1 pinch ground turmeric
- 1 small pinch of pink rock salt

Method:

- Melt the 1/2 tsp of ghee in a small pan over medium heat until it becomes clear
- Add the turmeric and cumin and remove from the heat
- Add the poppy seeds and shredded coconut
- Mix well, let stand for 5 min
- Add salt

Enjoy with a small glass of milk/ ginger tea/ cardamom tea

00447590999668



gautam@vedantnutrition.com
www.vedantnutrition.com

