



TAKRA: Ayurvedic spiced Yoghurt /Buttermilk

Enrich the gut microbiome with Takra

This probiotic is especially effective after the Autumn detox, it soothes the mucus membrane of your contracting stomach.

Takra is a digestive stimulant that enhances nutrient absorption.

Takra recipe:

- 1 cup Natural Yoghurt
- 2 cups Water (adjust according to your preference)
- 3-4 Fresh Mint Leaves
- 3-4 Fresh Coriander Leaves
- 2 tsp Freshly Grated Ginger
- 1/2 tsp Roasted Cumin Powder
- 1 pinch Pink/Black Rock Salt
- 1-2 pinches Ground Black Pepper
- 1 tsp Freshly Squeezed Lime

Method:

- Blend all the ingredients until frothy (use a blender/mixer). Garnish with fresh coriander leaves and cumin powder
- Consume daily for 7-10 days post detox or as prescribed as a part of the mono-diet

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