



Recipes

Juices/Teas

Mint Lassi

Prep Time: 5 minutes

Cooking Time: None

Yield: 2 servings

Ingredients:

1 teaspoon ground cumin
Dash of black pepper
1 cup plain yogurt
1/2 cup loosely packed fresh mint leaves
1/2 teaspoon salt
2 cups water

Directions:

1. In a skillet, dry roast cumin and black pepper.
2. Stir frequently, until the aroma is released.
3. Combine cumin and pepper, along with all the other ingredients, into a blender.
4. Mix at high speed until mint leaves are well blended.
5. Serve.

Variations:

For a different taste ground cardamom or ground fennel in place of the cumin.
Try different types of yogurt: cow, sheep, goat or soy.

Note:

This is a drink used in Indian culture to aid in digestion. Traditionally they use black salt which can be found in Indian food markets.