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| Chef hat manTakraTakra may be taken between meals to supplement your protein and probiotic intake during the day. It is best when it was blended a few hours before drinking so the spices can flavor the entire drink.Ingredients for Vata dosha:

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| ½ cup | Plain yogurt  |
| ½ cup | Water |
| ½-1 tsp | Spices (see below) **For Pitta dosha: 1/3 cup yogurt: 2/3 cup water****For Kapha dosha: 2-4 Tbsp yogurt: water to make 1 cup total** |

Directions:Blend the yogurt, water and spices together until smooth. Store in a closed glass container for up to 5 hours before taking. If this will sit longer, store in your refrigerator and take out about 1 hour before drinking. For the best taste, take the takra at room temperature or just slightly cool.If it is too thick for your liking, try 1/3 cup yogurt: 2/3 cup water or ¼ cup yogurt: ¾ cup water. Keep spicing the same.  |

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Spicing:

Up to 1 tsp: fennel, cumin, licorice root, cardamom, fresh ginger, anise

Up to ½ tsp: cinnamon, turmeric

Up to ¼ tsp: clove, dry ginger, black pepper

Pinch: salt

Blends:

Spicy Sweet & Spicy

Cinnamon ¼ tsp Cinnamon ½ tsp

Cardamom ¼ tsp Dry Ginger ¼ tsp

Ginger 1/8 tsp Licorice ¼ tsp

Black pepper pinch Clove pinch

Savory

Fennel ½ tsp

Cumin ¼ tsp

Turmeric ¼ tsp

Salt pinch