
– Takra –

serves: 1

A takra is also sometimes called a lassi. It is a doshic-appropriate combination of yogurt + water + digestive spices. A takra can be a useful mid-morning or mid-afternoon snack, or it can be a part of a meal. Some takras are used as a stand-alone digestive aid. A takra has protein and fat, so it will generally satisfy hunger and tide you over to your next meal.

How to Prepare a Takra

Takras are best taken at room temperature and at least three hours after they have been mixed up. An 8-oz. canning jar works well for mixing, storing, transporting, and drinking a takra. A takra is best taken unsweetened, but you could add a little bit of maple syrup if you wanted. Adding in rose water or orange water can be divine.

– Vata-Pacifying Takra –

½ cup yogurt + ½ cup water + up to 1 tsp. of ground cinnamon, ground ginger, ground cardamom, ground anise, ground cloves, and ground black pepper

- Make up a master batch of the combined spices and then use 1 tsp. of them:
30 whole cloves, 40 black peppercorns, the contents of 40 hulled cardamom pods,
2 tsp. dried ground ginger, 3 tsp. ground cinnamon

– Pitta-Pacifying Takra –

⅓ cup yogurt + ⅔ cup water + up to ¾ tsp. of ground fennel, ground coriander, ground cumin, ground turmeric; with ¼ tsp. fresh ginger.

- Make up a master batch of the combined spices and then use 1 tsp. of them:
1 tbsp. ground fennel, 1 tbsp. ground coriander, 1 tbsp. ground cumin, 1 tbsp. turmeric

– Kapha-Pacifying Takra –

¼ cup yogurt + ¾ cup water + up to 1 tsp. of ground cinnamon, ground clove, ground black pepper, dry ground ginger, cayenne powder or pippali powder

- Make up a master batch of the combined spices and then use 1 tsp. of them:
1 tbsp. ground cinnamon, 1 tbsp. ground cloves, 1 tbsp. ground black pepper, 1 tbsp. ground dry ginger, 1 tbsp. cayenne powder or pippali powder



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