

Buttermilk

Tak

Buttermilk is very good to drink with lunch. It helps to digest the food, decrease heat in the body and balance acidity.

- ¼ cup plain yoghurt
- ¾ cup water or more if a thinner consistency is desired
- Pinch of salt or sugar if desired

1. Mix yogurt with water and blend with a whisk or blender. Then add the remaining water.
2. Add sugar or salt as desired.

Spicy buttermilk - add salt, sugar or ginger and cumin powder and fresh chopped coriander to taste.

Masala Buttermilk- Add 1 glass of buttermilk and 1/8 tsp tak masala

Boondi Buttermilk

- 1 glass of buttermilk
- Boondi – 3-4 tsp or more
- 2 pinch cumin powder
- 2 pinch black salt
- ¼ tsp ginger juice
- Coriander leaves (to taste)
- Mint leaves (to taste)
- 2 pinch white salt
- Sugar (to taste)

1 Blend coriander leaves and mint leaves to a paste.

2. Add all ingredients together and mix well.

