

Herb and Ginger Yogurt Dressing

Yogurt is a super-food, high in calcium and protein that taken in moderation provides natural probiotics to help sustain the sound flora and fauna of your digestive tract. And rather than the more intense qualities of other ferments, it has a more gentle, slightly cooling and nourishing quality, ideal to help alleviate toxic heat in the liver and small intestine.

When mixed with fresh herbs, ginger and black pepper, the mucousy qualities of yogurt are pacified and it becomes a delightful dressing, dip or condiment to serve with salad, rice, dal or spicy curries.



Handfuls of fresh herbs are high in vitality (Pranic energy) and help to gently detoxify the liver and digestive organs.

Ingredients

- One cup of Greek or thick yogurt.
- One cup of fresh chopped herbs (chives, basil, mint, dill, parsley, cilantro or whatever else you have fresh and handy!)
- 1 chunk of fresh peeled ginger.
- A generous amount of black pepper. And a pinch of salt to taste.
- A dash of maple syrup adds a sweet touch to offset any bitterness.

Blend all the ingredient together. Enjoy....

Yogurt Tips

- Buy the best quality local yogurt you can source. Ideally the only ingredients should be milk and bacterial cultures.
- Or better yet, make your own home-made yogurt with the best quality whole milk you can find. Homemade yogurt is easy and delicious.
- You can easily make your own Greek or thick yogurt by simply straining the yogurt over a bowl with a cloth for a bit and allowing some of the liquid to release.
- Don't mix yogurt and fruit. Especially acidic fruit like strawberries, pineapple and citrus. The combination creates a toxic fermentation in the belly that leads to digestive imbalance and bloating.

Recipe gratefully adapted from the Easy Green Goddess Dressing / www.cookieandkate.com