

Ayurvedic Probiotic Almond Crème:



- an excellent vegan digestive aide and promoter of absorption
 - builds reproductive tissue, big-time
 - uplifting as a snack, or as a condiment
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- soak 1C raw organic almonds overnight, peel in the morning
 - early in the day: drain the almonds, blend on high with just enough slightly warm water to make a thick paste
 - taste the paste to assess sweetness
 - leave in a bowl on the counter, covered with a clean tea towel
 - after 3 hours taste again to see how quickly it is souring
 - when it reaches the desired sourness, cover and refrigerate
 - covered and refrigerated, your crème will last for about 24 hours

Recipe courtesy Matthew Remski of Renaissance Yoga and Ayurveda. Visit yocoto.org for more...

Yoga Community Toronto is member based organization designed to collectively serve and support the Toronto yoga community.

Membership Benefits include:

Full access to Yoga Festival Toronto every August, Discounts at affiliated studios, Fall Roundtable Discussion, Spring Lecture, Listing in YOCOTO online network, Monthly support group meetings for students, teachers, Annual Networking Party.

Yearly Membership: \$285 plus tax.

Yoga Festival Toronto, August 20-22nd

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