

Ayurvedic Blood-Builder Soup:



- gives courage and vitality
- excellent at the end of menses
- can begin to reverse low iron if taken 4x weekly for 4 weeks

- 4C chopped beets
- 1" fresh turmeric (or ½ tsp dry if you can't find fresh)
- 2 cloves garlic
- ½ C red lentils, rinsed until the water comes clean
- 1tsp garam masala
- 1-2 cinnamon sticks
- 1-3T ghee or sesame oil
- 8C water
- sea salt to taste

- simmer together till soft, cool, remove the cinnamon, blend, re-add the cinnamon, reheat to serve

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

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Yoga Festival Toronto, August 20-22nd

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