

Ayurvedic Fertility Soup:



- rich in phytoestrogens
- grounding and easy to digest, especially for dinner
- substitute peeled almonds if you're sensitive to cashews
 - 1 large yam
 - 4 C water
 - ½ C raw cashews
 - 1-4 cloves garlic (less for those who run hot)
 - 1" fresh ginger
 - 2-3 T ghee or sesame oil
 - optional: 1-2T shatavari root powder
 - 9 strands of saffron
 - mild curry or garam masala and sea salt to taste
- simmer together till soft, cool, blend, reheat to serve

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

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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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