

Ayurvedic Liver-Pancreas Cleanse Delight:



- an acquired taste, to be sure, but most fiery types come to love it
- excellent for sugar metabolism and nurturance of the pancreas, cooling and thinning of bile
- excellent for late summer clearance of excess heat
 - 3 bitter melons (Chinese or Indian “desi”)
 - sunflower oil
 - sea salt, turmeric, garam masala
 - halve the melons and scoop out the seeds with a spoon
 - cut into half-moon shapes, ¼” thick
 - toss in a skillet with oil, and dashes of the spices
 - put the skillet under a broiler set to 300 until soft, or until they move slightly past soft and towards crispy at the edges
 - eat small amounts to start, along with your main meal
 - don’t phone me to complain about the taste – it’s bitter, alright?

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

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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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