

FOOD: A LOVE STORY

ANCIENT ORGANICS ROSE LASSI

2-4 servings

For the Syrup:

Roses, organic or wild-crafted, 1 dozen

Coconut Sugar, 1/2 cup

Ghee, 1 teaspoon

Water, 1 cup

For the Lassi:

Full-fat Yogurt, 1 cup (or your favorite non-dairy alternative)

Rose Syrup, 1/3 cup

Rose Water, 1 teaspoon

Cardamom powder, 1 good strong shake

Himalayan Pink Salt, 2 hearty pinches

Raw Honey, 1 tablespoon

Water, 1/4 cup

To Make the Rose Syrup:

Put the ghee and coconut sugar in a 1-quart sauce pot, and stir together until melted and combined. Add the petals of all 12 roses and cover with water. Bring to a boil and turn heat down to keep at a light, slow simmer. Stir occasionally until the mixture reduces to a brown, thin syrup, about 30 minutes. Allow to cool.

To Make the Lassi:

In a blender, add the yogurt, rose syrup, rose water, spices, honey and water and blend on a low speed just to break up the yogurt and make it liquidy and smooth. Depending on how you like your lassi, you might want to add more water for a thinner consistency. Taste, adjust spices to your liking, and serve.

Keep refrigerated for up to three days.

Enjoy!