

Mind Refreshing Sweet & Sour Chocolate

Learn The Recipe Step by Step

Recipe Developer:
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Ingredients

Seedless Tamarind – 100gms

Seedless Dates – 80gms

Hot Water – 2cups

Jaggery – 100gms

Chilli Powder – 1 tsp

Chat Masala – 1tsp

Cumin Powder – ½ tsp

Salt – 1/2tsp

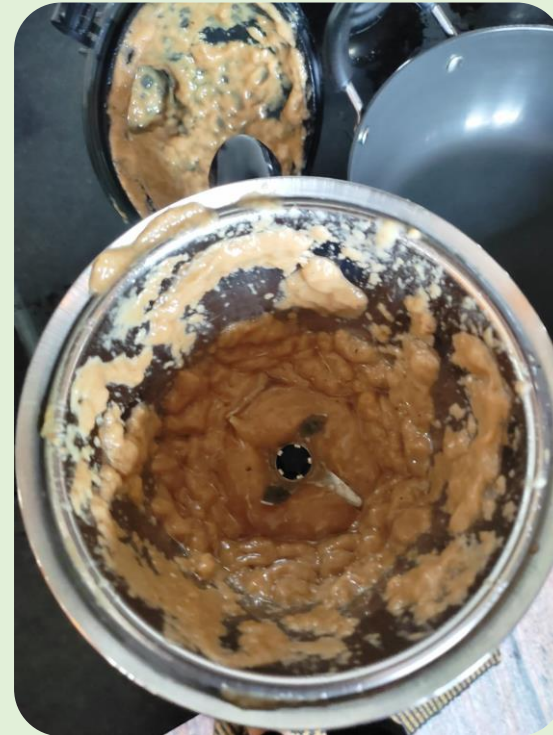
Ghee – 1tsp

Method of Preparation

1. Soak tamarind and dates in hot water for 30 minutes.



2. Transfer the soaked dates and tamarind to a mixer jar and blend to smooth paste. The paste should be smooth and creamy.



3. Transfer the mixture to a large pan. Then add 100gms of jaggery. Cook on medium flame, until the mixture starts to thicken.



4. Add 1tsp chilli powder, 1tsp chat masala, 1/2tsp salt and 1tsp ghee. Mix well and cook on medium flame, until the mixture starts to thicken and leaves the pan.



5. Allow it to cool. Take 1tsp of the mixture and wrap it in cover or spoon. Enjoy candy as a mouth freshener after a meal or as a toffee.

If you feel it is more watery, keep it in the refrigerator for 30 minutes and then wrap it in cover.



Health Benefits

1. Tamarind helps to stimulate the digestive fire, reduces vata dosha, cleanses the urinary bladder, relieves constipation, and improves taste.
2. Dates are a natural sweetener. Very nutritious, high in fibre, and promote brain health.
3. In Ayurveda, Dates are considered a superfood, because they are saatvik, and directly nourish ojas.
4. Tamarind is a quick fix home remedy if you have gastric issues.
5. Good for the heart.

Meal Plan

Ayurveda suggests that we should start with something “*sweet*”, as something sweet takes the longest to digest. Next in line should be sour and last should be something spicy. Eating the sweet item first enables the flow of digestive secretions. By pushing the sweets to the last, you would slow down your digestion.

Having a bite or two of sweet or a chunk or jaggery sweet right at the start of your meal also activates the taste buds. Having them right at the end can put off the digestive fire. It may cause fermentation and indigestion due to the acidic secretions. This could also trigger the gas formation and bloating.

To counter these effects, Ayurveda suggests that one must start with something sweet at the outset, followed by something sour and salty in the middle, and finally something spicy or astringent. Having spicy food, in the end, helps douse the *Kapha dosha* (earth), while something sugary at the start takes care of the *Vayu* (wind) imbalance.

THANK YOU!

Please share with family & friends!

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