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# AYURVEDA SMOOTHIES AND LASSIES



BODHI  
AYURVEDA

ENLIGHTENED WELLNESS FROM WITHIN

PREPARED BY  
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## AYURVEDA - BASICS

Ayurveda is an ancient healing system from the far east lands of what is now India. Its practices can be traced back over thousands of years. Translated from its sanskrit root, Ayurveda means the knowledge of life. Through the use of nutrition, lifestyle, herbs and physical therapies, Ayurveda can provide support to maintain health and wellness before disease appears. It focuses on preventative care for the physical, mental and spiritual balance of the individual and within the world they live. Additionally, Ayurveda supports the body's own healing ability and palliative support for onset diseases or the progression of diseases.

Ayurveda is a science that looks at the elements (space, air, fire, water and earth) and their qualities to determine balance and how to maintain it. Within our physiology and digestion, these elements and qualities are governed by forces called Doshas (Vata, Pitta, Kapha). In balance, the doshas are non-symptomatic. If they are out of balance, these smoothies can be adjusted to address your current digestive needs.

VATA is the space/air elements of movement and is associated with gasey digestion issues. PITTA is the fire/water element of transformation and is associated with acidic and hot digestion issues. KAPHA is the water/earth elements of protection and is associated with heavy or slow digestion issues.

## KEYS TO AYURVEDA SMOOTHIES AND LASSIES

What makes a smoothie and lassie Ayurvedically friendly?

- Ingredients are fresh and in season
- Fruits and vegetables are not mixed together
- Raw vegetables are not used
- Yogurt and smoothies are consumed separately
- Consumed at room temperature
- Drinks are modified for digestive strength and well being



## AYURVEDIC LASSIES

probiotic drinks



Lunch should include a probiotic dish. Probiotics, also called "yoginis", aid your digestive system by supporting healthy micro-biome. Having a probiotic drink each day will help crowd out the bad micro-biome, while repopulating with the good.

If you don't make your own yogurt, find one that isn't too sour in taste, made from whole milk and is plain.

- 8 ounces spring water
- 2 ounces yogurt
- 1 pinch Mom's masala
- 1 pinch soma salt

Blend all together, drink and enjoy!

### Modifications

- Add 4 TBSP Vegan Protein Mix
- Try different Masalas for sweet taste or digestive issues based on Dosha imbalance.

# COCONUT & PAPAYA SMOOTHIE

keeping things cool



Recipe by [Divya Alter](#)

## INGREDIENTS

- 2 cups peeled, seeded and chopped papaya
- 1 cup coconut milk
- 3/4 cup spring water
- 3 TBSP maple syrup or to taste
- small pinch cardamom powder

## DIRECTIONS

- Combine all ingredients into blender and blend till smooth.
- Adjust water and sweetener as needed.
- Can be stored in refrigerator for 24 hours.

## NOTES:

Papaya makes for a great digestive aid as it helps to enhance digestive enzymes. It also is good for healthy skin, reducing inflammation, and is an antioxidant.

Coconut is another great healthy food that is rich in fiber, fats, vitamins and minerals. It is a sweet and cooling food that balances our VATA and PITTA. If you have heavy or slow KAPHA digestion, this may be best to avoid. This is one of the best summer smoothies out there.

## IRON RICH SMOOTHIE

nutrient richness in a glass



Recipe by [Divya Alter](#)

### INGREDIENTS

- 3 dried apricots
- 3 dried black mission figs (stems removed)
- 3 small pitted dates
- 3 pitted prunes
- 1 TBSP raisins
- 10 raw almonds
- 2 TBSP raw walnuts
- 2 cardamom pods, toasted
- 2 cups spring water
- 1 TBSP fresh lime juice

Variations:

PITTA Digestion

-add 1 tsp toasted, ground fennel

KAPHA Digestion

-Add 1 inch ginger root and avoid using water from soaking fruit

### DIRECTIONS

1. Add dried fruit to a bowl and cover with boiling water, soak 8 hours in refrigerator.
2. Soak nuts in room temperature water and keep in refrigerator.
3. Drain fruit and save water.
4. Check for pits and then place fruit in blender.
5. Strain and rinse nuts, peel the almonds and add to blender with walnuts.
6. Add water and lime juice, then blend till smooth. add more water if needed.

Drink can be stored for 24 hours in refrigerator.  
Best consumed at room temperature.

TIPS:

- Blanch the almonds w hot water to make peeling easier.
- Other dried fruits can be substituted

## PINEAPPLE SMOOTHIE

digestive aid



Recipe by [Divya Alter](#)

### INGREDIENTS

- 1 cup spring water
- 1 1/2 peeled, cored and diced pineapple
- 1/4 cup almonds, soaked and peeled
- 2 tsp maple syrup
- 1 tsp grated fresh ginger
- 1 tsp fresh mint
- 1/8 vanilla
- 2 black peppercorns, crushed

### DIRECTIONS

- Combine all ingredients into blender and blend until smooth. Add more water as needed. Enjoy at room temperature.
- Smoothie can be stored for 24 hours in refrigerator.

### NOTES:

Pineapple is one of my favorite fruits! It is a great fruit for reducing inflammation and is alkalizing. It has many vitamins and minerals, such as Vitamin C, thiamine, Vitamin B6, manganese, potassium, magnesium and even some calcium and protein.

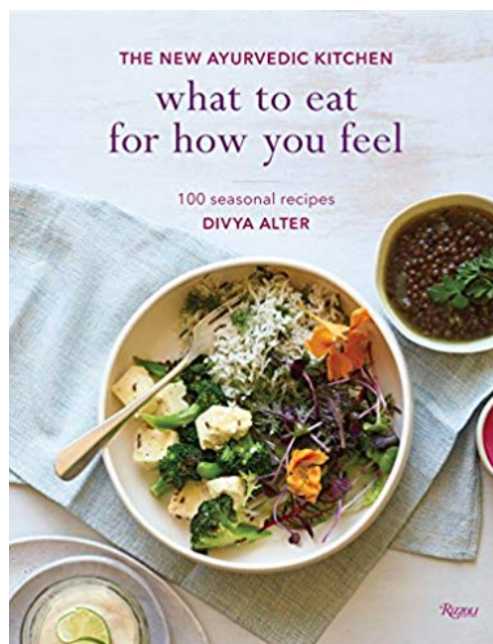
As an estrogenic food, it can support women's hormones and even reduce hot flashes, stimulate breast milk and support healthy menstrual flow.

## RECIPE SOURCES



Ayurvedic Recipes for  
Balance and Bliss

by Vaidya RK Mishra  
and Rick Talcott



What to eat for how  
you feel

by Divya Alter

## AUTHOR

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Carol's approach to healing is understanding the uniquely divine needs of each client. She believes that each of us can optimize our health and wellbeing by becoming enlightened to our true self. Her mission is to be your guide towards understanding how choices regarding food, lifestyle, and interactions with your environment and relationships impact your wellness.

