

ANTI INFLAMMATORY SMOOTHIE

½ grated avocado seed (optional)
4 TBSP raw potato starch
2 TSP turmeric (curcuma)
½ TSP black pepper
½ TSP bentonite clay (optional)
1½ TSP Stevia sweetener (or other sweetener to taste)

250 grams (2 single serve cups, more or less) Bifidus yogurt
250 grams (2 single serve cups, more or less) Greek yogurt

Top off with lactose free whole milk to 700ml

Blend and enjoy

GARAM MASALA CHAI

You can make as much or little of this as you like at one time.

Blend together:
4 parts BART brand Garam Masala mix (Iranzo)
1 part dried ginger powder
1 part cinnamon
½ part ground clove
½ part ground nutmeg

1 ½ TSP of chai mix is enough to make 800ml of chai

Boil water and steep the powder in the water for about 5 minutes. For full benefit of all the spices, do not strain the residues out.

For extra rich flavour you can add a dash or two of vanilla extract or almond extract. Vanilla extract is easy to make and cheap.

VANILLA EXTRACT

8 packages vanilla beans
500ml of the cheapest vodka

Split the beans lengthwise and put them in a bottle with 500ml vodka. Shake the bottle once a week for 6 weeks. After 6 weeks you have lots of vanilla flavouring.