

# **LOTUS HOLISTIC HEALTH INSTITUTE**

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## **Raita** Cucumber relish

Raita is a cooling addition to a spicy meal, reducing Pitta with cucumbers and dairy. If your food is too spicy, take a little raita with each bite to cool it down.

### **Ingredients:**

2 medium size cucumbers (about 1 lb.)  
1/2 teaspoons rock salt  
1/4 teaspoons black pepper  
1 1/2 cups plain yoghurt (or 1 1/4 cups plain yoghurt and 1/4 cup sour cream)  
2 Tablespoons finely chopped fresh mint

May also add:

1 teaspoon grated lemon or lime zest  
(2 Tablespoons avocado or sesame oil; heat in saucepan, briefly fry 1 teaspoon black mustard seeds and add at the end)  
cucumber flowers and paprika for garnishing

### **Instructions:**

Peel cucumbers, remove seeds and slice thinly  
Mix all ingredients together.  
(Salt, pepper and mint to taste)  
The flavor is best after standing in refrigerator 30 minutes or more.

## **Simple Sweet Apple Chutney**

Sweet apple chutney is a condiment which reduces Pitta. Other fruits and nuts can also be added. To make it anti-Vata, add chilis and black mustard seed fried in ghee.

2 large cooking apples quartered, peeled, cored and sliced (around 1 lb)  
2 Tablespoons ginger root, peeled and minced (or you can use 1 TBS candied ginger or 1/2 TBS ginger powder instead)  
10-20 raisins  
1/8 cup water  
1/8 teaspoon rock salt (to taste)  
1/2 teaspoons cinnamon  
1 teaspoon cardomon  
1/4 teaspoon clove  
1/8 teaspoon nutmeg  
Sweeten as needed, adding either:  
for Vata reducing: 1-2 teaspoons raw sugar  
for Pitta reducing - 1-2 teaspoons brown sugar  
for Kapha reducing - 2-4 teaspoons honey

### **Instructions:**

In saucepan, place sliced apples, ginger, water and salt. Bring to boil, then cover. Cook on medium/low until apples are soft (around 30 minutes). Remove from stove. Add rest of spices and sweetener. The flavor is best after 30 minutes or so.