

## **Ekadashi Recipes (Drinks)**

(If you like to add to our Ekadashi Recipes, please email us on [info@dipika.org.za](mailto:info@dipika.org.za) )

### **Sago (Saigo) Milk**

1 cup sago  
5 cups water  
1 cup milk  
Sugar to taste

Boil the sago for about 15 minutes. Cook until transparent. Add milk and sugar for taste. This will cook for a little while more and then serve hot.

### **Warm milk drink**

#### **Ingredients**

1 cup of milk  
3 tablespoons pistas or almonds  
2 tablespoons honey  
Pinch of saffron (optional)

Boil together the saffron, milk and nuts, remove from stove and leave to cool, strain and add honey to taste.

### **Sweet Lassi - yogurt drink**

#### **Ingredients**

1 scoop Ice  
2 scoops Yoghurt  
1 splash Lemon juice  
8 handfuls Sugar  
3 pinches Salt  
1 squirt Rosewater

**Mixing instructions:-** Mix them all together in a blender. The measurements are not precise because you just throw everything in to taste. Ice is the key.

### **Lavender Mint Tea – Recipe**

Excerpted from Excerpted from 500 Treasured Country Recipes, by Martha Storey.

Lavender adds a pleasant but not too flowery contrast to the sweetness of mint in this herbal tea that is refreshing hot or cold.

**Simple Solution:-** There are teas for all occasions: for morning, afternoon, and bedtime, teas to soothe, and teas to stimulate. In recent years, our appreciation of tea has expanded to include herbal tisanes (some of which are centuries old) and a wide array of green teas, barks, and spices. Taking a break for tea or making a pot to share with a companion is somehow very relaxing.

### **Lavender Mint Tea**

1 teaspoon fresh lavender flowers or 1/2 teaspoon dried lavender flowers 1 1/2 to 2 tablespoons fresh mint leaves or 2 teaspoons dried mint 1 cup boiling water...

1. In a teapot, combine the lavender flowers and mint. Pour boiling water over the mixture; steep 5 minutes. Yield: 1 cup

**Variation:** For more interesting blends, add rosemary, lemon balm or lemon verbena, and rose geranium.

## Three ways to Make Iced Tea

**Brewed Tea.** Make tea approximately double strength and steep only 5 minutes. Pour into a pitcher over an equal amount of ice. (If you are using a glass pitcher, let the tea cool before pouring it in.) If you sweeten the tea while it is hot, you'll need only half as much sugar.

**Refrigerator Tea.** Follow the procedure for sun tea, except let the mixture brew in the refrigerator overnight. This method has two advantages: When it's done, it's already cold, and no matter how long it sits, it doesn't get cloudy.

**Sun Tea.** In a glass jar or pitcher, place 1 teaspoon of loose tea or 1 tea bag per pint or tap water (with sugar, if you wish). Cover and set in the sun for 1 hour or so. Timing is not critical - because the water doesn't boil, the tea will not get bitter.

## Sally Champe's Masala Chai – Recipe

Adapted from Chai, the Spice Tea of India, by Diana Rosen. Author Diana Rosen's friend, Sally Champe, a veteran traveller who has lived in India, has the simplest at-home chai recipe for Chai Diana has ever tried, thinking it makes a perfect beverage every time.

Simple Solution: -Keep a can of spice-infused unsweetened condensed milk in the refrigerator; it is at the ready whenever the craving for chai surfaces.

### INGREDIENTS

1 14-ounce can unsweetened condensed milk (low-fat or nonfat, if desired)

1/2 teaspoon ground cardamon

1/4 teaspoon ground allspice

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/8 teaspoon ground black pepper

1. Pour the entire can of milk into a clean, dry jar.

2. Add all the spices and cover tightly with a lid.

3. Place in the refrigerator. The longer it stays refrigerated, the better it gets.

4. To use, stir the mixture, and scoop out 2 to 3 tablespoons directly into a cup of very strong, very hot black tea.

**DISCLAIMER:-** Do note that Dipika is not affiliated to any Hindu group or organization. We at Dipika choose to remain an independent repository of spiritual advice. We appreciate that there are variances between organisations and humbly request that if our views differ from yours that you respect our decision not to conform to the prescripts of your particular organisation. We remain committed to spiritual advice which is based on scripture.

Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind... Jai Shree Radha Krsna.

Compiled for the upliftment of Sanathan Dharma

Narottam das & Arjun Nandlal

Email [info@dipika.org.za](mailto:info@dipika.org.za)