

Recipe for Daikon Salad

Brought to you by Yoga Gyan Jyoti



Daikon is pungent and very cleansing for the digestive tract. Add beets to the below recipe to add color while increasing the effectiveness of the cleanse.

Ingredients

- 1 small daikon
- Pinch of hing
- ¼ tsp ajwain
- 1 lime
- Salt to taste

Preparation

1. Grate daikon set it aside
2. In a skillet, put 1 tsp ghee, pinch of hing, ¼ tsp ajwain
3. Turn off the heat and add lime juice
4. Mix with grated daikon

Questions, comments or concerns? Let us know!

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