

GINGER YOGURT



This recipe is from Pauline Moir, a citizen of the world who has lived in many exotic locations around the world enjoying the diverse cuisine and eating customs. She now resides in Forres with her husband, where they both enjoy ginger yogurt after every meal.

Ingredients:

- 2-6 inches of Ginger or as much as you like
- Yeo Valley Natural Yogurt
- The Honey of your choice

Ginger has a long tradition of being very effective in alleviating discomfort or pain in the stomach, as it promotes the elimination of excessive gas from the digestive system and soothes the intestinal tract.

Ginger is known to boost metabolism, stimulate circulation and is excellent for detoxification as it warms the body and helps promote healthy sweating.

Ginger has incredible immune-boosting and germ fighting abilities, and is a natural anti-histamine that can be used to alleviate allergies.

Ginger also contains potent anti-inflammatory compounds called gingerols, which make it beneficial for those who have joint, muscle, and nerve aches and pains.

Method:

Grate the ginger.

Put 3 desert spoons of plain probiotic yoghurt like Yeo Valley Natural Yogurt in a bowl.

Put Ginger on top of the yoghurt and add 1 teaspoon of honey.

Stir and enjoy oh yum!

Fresh ginger is the most potent way to receive its health benefits.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available on the Phoenix Community Shop facebook page and www.phoenixshop.co.uk