



The Quint**ESSENTIAL** Local food guide for a Good Gut Health

Buttermilk

Health Benefits:

- ◆ Contains essential micronutrients like Vitamins, Potassium, Calcium etc.
- ◆ Improves digestion by providing probiotic microbes
- ◆ Prevents dehydration and helps fight the heat



Directions to make:

1. Whisk Yogurt for 2 mins.
2. Slowly add purified water, cumin, ginger and rock salt to the yogurt.
3. Continue whisking until smooth and frothy.

This World Digestive Health Day let's pledge towards a healthy living

Yeragi VS, Maske AH. Effects of Buttermilk on Health. Int Jour Sci Res Managem 2016;4(11):4936-4940