INDIAN · DRINK

Masala Chaas (Spiced Buttermilk with Ginger and Mint)

15 min · Makes 4 × 1 glass (300 ml) · 81 kcal a portion · Video 14:52 · Chef Ranveer Brar

Vegetarian · Gluten-free ingredients · No nuts listed

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A thin, cooling yoghurt drink with no added sugar and only about 80 kcal a glass, with nearly 5 g of protein. Ginger, mint and roasted cumin give it flavour without any sweetener.

Diet notes: Low carb (6.5 g net carbs) but not keto: 48% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 9 · MAKES 4 × 1 GLASS (300 ML)

- ☐ **cumin seeds**, roasted and ground, for the rims and garnish (about ½ tsp a glass)
- ☐ ½ inch **fresh ginger**, peeled and sliced
- ☐ ¼ cup **fresh mint leaves**
- ☐ 10–12 **ice cubes**
- ☐ 2 cups **water**
- ☐ **salt** to taste (about ¾ tsp)
- ☐ 2 cups **curd** (plain yoghurt), beaten
- ☐ **fresh mint** sprigs, to garnish
- ☐ 1 **green chilli**, slit, to garnish (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Dry-roast cumin seeds with a pinch of salt in a pan over low heat, patiently, until fragrant and a shade darker, then grind coarsely in a mortar. (Ranveer roasts 2 heaped tbsp and keeps the rest for later.) 6:17
2. Pound ½ inch sliced ginger and ¼ cup mint leaves in the mortar into a rough paste. Leave out coriander, or it starts to taste like mint chutney. 7:33
3. In a jug, stir together 10–12 ice cubes, 2 cups water, salt to taste, the ginger-mint paste and 2 cups beaten curd until thin and watery. If your curd is not sour, add a squeeze of lemon. Chill for a while. 8:00
4. Wet the rims of the glasses and dip them in roasted cumin powder. Pour in the chaas and garnish with a pinch of cumin, a mint sprig and a slit green chilli. 12:28

> **Tip** Ranveer says it serves 2; the batch makes about 5¼ cups, so we count 4 glasses of 1¼ cups. Use the thinner lower part of the curd for chaas and the creamy top for lassi. Left to stand an hour or two, it turns pleasantly sour.

The method is a summary in our words — the video shows every step.

One portion, 1 glass (300 ml), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
81 kcal	**4.6** g	**6.8** g	**0.3** g	**4.3** g	**450** mg
340 kJ	9% of a day	6.5 g net · 5.9 g sugars	1% of a day	2.6 g saturated	19% of a day
		2% of a day		6% of a day	

Energy from net carbs 31% · protein 22% · fat 47%

Source of (10–19%) Vitamin B12 19% · Calcium 13%

Recipe and video: Chef Ranveer Brar (@RanveerBrar) on YouTube — youtube.com/watch?v=2h68dKqskT0, published 9 April 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ginger-mint-masala-chaas