



Ojas Milk Recipe

*Good to promote sound sleep
and nourishing to the body,
mind and soul.*



INGREDIENTS

- 1 c. whole, organic, grassfed milk
- 8 almonds, soaked overnight or 4-6 hours
- 2 whole dates, chopped
- 1/8 tsp ginger powder
- 1/8 tsp cinnamon powder
- 1/8 tsp cardamom powder
- 1/8 tsp nutmeg
- 1/4 tsp poppy seeds
- 1 tsp ghee

DIRECTIONS

After soaking, peel the brown “skin” off the almonds and discard, only using the white part of the almond. Add all ingredients (except the ghee) into a saucepan and bring to a low boil for 4 minutes. Once cooked place ingredients into a blender or use an immersion hand blender to create a smooth, frothy consistency. Add the ghee here and then pour into a mug and enjoy! You can experiment with adding more or less of the spices above to make this delicious drink your own. Makes 1 cup.