



REJUVENATING OJAS DRINK

Vata ↓, Pitta ↓, Kapha ↑↓*

Makes 2 cups

Soak Time: 2+ hours

Prep Time: 15 minutes

*See the Optional Doshic Guidelines below to make this drink more Kapha-reducing.

INGREDIENTS

- 15 almonds, soaked and peeled
- 1½ cups water
- 2 medjool dates, pitted and soaked
- ¼ teaspoon ginger powder
- ¼ teaspoon turmeric powder
- ⅛ teaspoon cardamom powder
- 1 tablespoon rose petals (dried or fresh)
- 3 saffron stigmas
- ½ teaspoon vanilla extract
- 1 teaspoon ghee
- 1 teaspoon honey

DIRECTIONS

1. Soak the almonds in a cup of water for at least 2 to 4 hours to soften the skins for easy removal. Almonds can be soaked overnight if preferred.
2. Place the pitted dates in the 1½ cups of water that will be used for this recipe. Soak for at least 30 minutes. This will make the dates easier to blend. Do not discard the date soaking water as it will be added to the final recipe.
3. Once the almonds have been soaked thoroughly, strain them and discard the water. Peel the almonds by squeezing each one with your index finger and thumb. This should allow easy removal.
4. Place the peeled almonds, soaked dates, and the date water into a blender.
5. Add the ginger, turmeric, cardamom, rose petals, saffron, vanilla, ghee, and honey.
6. Blend on high for 3 to 5 minutes making sure that a completely smooth texture has been reached. If there are almond chunks that will not blend, you can strain the drink through a fine mesh strainer.

Health Tip: This is a great recipe for taking after a cleanse, after illness, or anytime there is depletion to help regain energy and strength. For these purposes, take this recipe 2 to 3 times a week for four weeks, or until the energy and vitality have returned.

OPTIONAL DOSHIC VARIATIONS

Vata:

This recipe is balancing for Vata types and Vata imbalances. No changes needed!

Pitta:

Overall this recipe is balancing for Pitta types. If needed, replace the honey (which is heating) with maple syrup and the dry ginger for equal parts of finely grated fresh ginger.

Kapha:

This recipe can be slightly increasing for Kapha. To make this drink more Kapha-friendly the dates can either be omitted completely or reduced to one single date. The ghee should be omitted completely. The amount of ginger powder should be doubled, and 1/2 teaspoon of cinnamon powder can be added. To make it extra energizing, add in 1 teaspoon of cacao powder (optional).