



REJUVENATING OJAS DRINK

DOSHIC EFFECT: VATA ↓, PITTA ↓, KAPHA ↑

SERVING: 1-2

TIME: 20 MINUTES

MATERIALS:

- High speed blender

INGREDIENTS:

- 10 raw almonds
- 2 cups pure water
- 2-3 dates (please remove pits)
- 1 Tbsp. organic rose petals (dried or fresh)
- 1 tsp Rasayana Ghrita or Organic Ghee
- Pinch of saffron
- 1/8 tsp ground cardamom
- 1/8 tsp of dry ginger
- 1 Tbsp. honey

**add a tsp of cacao power or nibs for an extra boost in the mornings!

DIRECTIONS:

1. Soak almonds in 1 cup of water overnight.
2. Soak dates in 1 cup of water either overnight or for several hours.
3. In the morning, drain out the almond water and rub the skins off the almonds (they should pop right off).
4. In a blender, add the dates AND their soaking water with the drained and peeled almonds.
5. Add rose petals, ghee, honey, saffron, cardamom and ginger.
6. Blend until completely smooth. If the blender does not blend the almonds properly to give a smooth texture, try replacing the almonds with 1-2 Tbsp of raw hemp seeds (no need to soak), as these tend to blend easier.
7. Drink 2-3 times a week as part of a rejuvenation therapy.