



HOMEMADE GOLDEN ALMOND MILK

Vata↓, Pitta↓, Kapha↑↓

Makes: 4 cups

Soak Time: 2 hours minimum

Prep Time: 15 minutes

Cook Time: 15 to 20 minutes

INGREDIENTS

- 4 cups water
- 40 almonds, soaked and blanched
- 2 tablespoons hemp seeds
- 2 pitted medjool dates, soaked for 30 minutes (use soaking water as part of the 4 cups)
- 2 teaspoons ashwagandha powder*
- 2 to 3 teaspoons turmeric powder*
- 1 teaspoon ginger powder*
- Pinch of cardamom*
- Pinch of black pepper*
- 2 to 3 saffron stigmas*
- 2 to 4 teaspoon ghee (substitute with coconut or almond oil)
- 4 teaspoon honey

*These herbs and spices can be replaced by 3 to 4 teaspoons of our Svastha Golden Milk blend.

DIRECTIONS

Blanching the almonds:

1. Soak the almonds overnight, or for at least 2 to 4 hours.
2. Once soaking time is complete, strain the soaking water and discard.
3. Peel the skins off by simply applying a bit of pressure and popping the almond out. As long as the almonds have been soaked properly, this should be very easy to do.

Making the golden milk:

1. Soak the dates in the 4 cups of water that will be used in this recipe for a minimum of 30 minutes up to overnight.
2. Place the water and soaked dates, blanched almonds, hemp seeds, ashwagandha, and entire list of spices in a high speed blender.
3. Blend on high for 2 to 3 minutes or until the mixture is completely creamy and smooth.

4. Generally the Vitamix or Blendtec blenders will not need straining at this point. However, if your blender is not quite as strong, strain out any almond bits using a fine mesh strain, a cheese cloth, or a thin muslin cloth. This is important to have a pleasantly smooth texture!
5. From here, place the amount of prepared golden milk that is desired immediately and pour it in a small sauce pan. It is often recommended to drink 8 ounces each day. Any extra can be stored in an airtight glass jar and refrigerated for up to 4 days and heated per serving.
6. Heat the golden milk in the pan on a low simmer stirring frequently. Add in 1 teaspoon of ghee for each 8 ounce cup of golden milk. Simmer here until the ghee is completely melted and the milk is soothingly warm.
7. Once the desired temperature is found, pour the milk into your favorite mug. Let the drink cool to around 108 degrees (give or take) and then stir in 1 teaspoon of honey* for each cup.
8. Sip on this beverage each night before bed as a slightly sweet, nourishing treat. Your body and mind will thank you!

*Honey becomes toxic to the system when heated over 108 degrees.

OPTIONAL DOSHIC VARIATIONS

Vata:

This recipe is great for Vata types and during times of Vata imbalances. It is beneficial for calming the mind, nourishing the nervous system, promoting sound sleep, strengthening the body, reducing dryness, alleviating constipation, and increasing Ojas (immunity, vitality).

Pitta:

Overall this recipe is beneficial for Pitta types. If this recipe seems too heating, it is recommended to replace the honey with maple syrup and reduce the amount of ginger by half. The ashwagandha can be replaced with shatavari (which is more cooling) as needed.

Kapha:

This recipe can be a bit heavy for Kapha, especially if a Kapha imbalance is present. In this case, one should reduce the amount of blanched almonds to 30 and the hemp seeds to 1 tablespoon. The ghee and dates should be omitted, although the honey is very beneficial for Kapha and should remain. The spices can also be increased, especially the ginger and black pepper which will help to reduce any heaviness of the almonds and increase the metabolism and digestive fire.