



MEN'S OJAS DRINK

Vata ↓, Pitta ↓, Kapha ↑*

Makes: 20 ounces

Prep Time: 10 to 15 minutes (plus additional soaking time)

*See doshic variations at the bottom of the page to make this dish more Kapha-friendly!

INGREDIENTS

- 1 1/2 cup water
- 3 pitted medjool dates soaked in 1/2 cup of water (make sure to measure out the water as it will be added to the drink)
- 1/2 avocado
- 10 walnuts, soaked (discard water)
- 1 tablespoon hemp seeds
- 1 teaspoon pumpkin seeds
- 1 teaspoon chia seeds
- 2 teaspoons cacao powder
- 1/2 teaspoon vanilla extract
- 1 teaspoon ashwagandha root powder
- 1 teaspoon maca root powder
- 1/2 teaspoon bala root powder (if available)
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon fresh ginger, peeled and grated
- 2 teaspoon honey
- 1 teaspoon ghee
- 1 to 2 teaspoon maple syrup (optional for additional sweetness)

DIRECTIONS

1. Soak the dates in 1/2 cup of water overnight, making sure to remove the pits. If a speed soak is needed, use hot water and soak for a minimum of 1 hour. Save the soaking water as it will be added to the final recipe.
2. Place the walnuts in water and soak overnight. If a speed soak is needed, use hot water and soak for a minimum of 1 hour. The soaking water should be discarded.
3. Once the soaking ingredients are ready, add the entire list of ingredients to a high speed blender. Please remember to use the 1/2 cup of date water, but discard the walnut water. There will be a total of 2 cups of water in the final recipe.
4. Blend the ingredients on high for 2 to 4 minutes depending on the strength of your blender. Ideally the texture should be completely smooth and creamy.

5. Enjoy this recipe as a male health tonic 3 to 5 days a week. It is a great snack option for pre-workout or post-workout, or during times of depletion, low energy, low libido, reduced fertility, or anytime an extra boost is needed.

OPTIONAL DOSHIC VARIATIONS

Vata:

This recipe is overall balancing for Vata dosha. It is building (anabolic), rejuvenating, strengthening and lubricating making it an excellent tonic for male Vata types to enjoy regularly. However, the cacao can be overly stimulating and should be omitted, especially during times of high Vata (e.g. anxiety, sleep issues, restlessness, spacey, etc).

Pitta:

This drink is overall beneficial for Pitta types. It is mainly cooling and will be beneficial for excessive heat in the system. However, the honey should be replaced with an equal amount of maple syrup and one should favor fresh ginger over dry if possible.

Kapha:

This recipe can be a bit heavy for Kapha types, especially if Kapha is increased (e.g. congestion, excessive weight, white coating on the tongue, dull appetite, sluggishness). For this one should reduce the walnuts to 5, reduce the dates to 1 to 2 and omit the avocado and ghee. The chia seed can be replaced with flax seed. Dry ginger powder should be favored over fresh and the amount can be increased if desired. Cinnamon (about 1/2 to 1 teaspoon) and a large pinch of black pepper can be added to reduce any remaining heavy properties and to ignite the digestive fire.