

GOLDEN MILK

Vata ↓, Pitta ↓, Kapha ↑

Serves 1 / Cook time: 20 minutes

- 1 cup whole milk or unsweetened almond milk
- 1/2 cup water
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon ashwagandha powder (optional)
- 1/4 teaspoon ginger powder
- 1/8 teaspoon cardamom powder
- Pinch black pepper
- 1 cinnamon stick
- 3 saffron stigmas
- 1/2 teaspoon ghee
- 1 teaspoon honey

1. Place the milk and water in a small sauce pan and bring it to just below a boil.
2. While you are waiting, begin to measure the ingredients.
3. Once the milk has become hot reduce the heat to a simmer.
4. Add the turmeric, ashwagandha (if used), ginger, cardamom, black pepper, cinnamon stick, saffron, and ghee to the heated milk. Stir the spices well until they have all completely dissolved into the liquid.
5. Cover the pan, leaving a small crack in the lid.
6. Simmer the ingredients for 20 minutes, stirring every 5 minutes.
7. Pour the finished beverage into a mug. Let the milk cool to a drinkable temperature and then stir in 1 teaspoon of honey.
8. Sip on this beverage up to 30 minutes before bed each night for a calm mind and sound sleep.

Time-Saving Tip: If you are short for time, a quick method can be used. Simply heat up the milk (omit the water) until it is just below a boil. Reduce the heat and add in the spices and ghee. Stir well and simmer for 1 to 5 minutes, stirring frequently. Pour into a mug and add in 1 teaspoon of honey after the milk has cooled slightly.