

REJUVENATING ALMOND DATE SHAKE

Vata ↓, Pitta ↓, Kapha ↑

Makes 2 cups / Prep Time: 15 minutes

INGREDIENTS

- 15 almonds, soaked and peeled
- 1.5 cups water
- 2 medjool dates, pitted and soaked
- 1/4 teaspoon ginger powder
- 1/4 teaspoon turmeric powder
- 1/8 teaspoon cardamom
- 1 tablespoon rose petals
- 3 saffron stigmas
- 1/2 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.
2. Place the pitted dates in the 1.5 cups of water that will be used for the 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.
7. Vata and Pitta types can enjoy this shake as an energizing breakfast or rejuvenating snack. Due to the heavy and sweet nature of this drink however, it is recommended to only take this almond shake up to 3 times weekly.