



SLEEPY TEA KSHIRPAK RECIPE

Vata ↓, Pitta ↓, Kapha ↓↑*

Makes: 1 cup (recipe can be multiplied)

Cook Time: 3 to 4 hours (see the "Quick Tips" below the recipe for shorter cook times)

*Kapha types should substitute the dairy milk with almond milk or goat milk.

INGREDIENTS

- 4 cups water
- 1 cup milk* (substitute with almond milk or goat milk)
- 2 heaping tablespoons Sleepy Tea**
- 1-1½ teaspoon honey (optional)

*Kapha types should substitute the dairy milk with almond milk to avoid heaviness and congestion. Goat Milk may be suitable as well.

**If Sleepy Tea is not available, substitute with your own blend of similar herbs such as Tulsi, Ashwagandha Root, Passionflower, Skullcap, Chamomile, and/or Rose Petals.

DIRECTIONS

1. Add the water and milk to a large sauce pan and bring the liquid to just below a boil. Be careful, as milk tends to overflow when it comes to a complete boil.
2. Turn the heat to low (I use the "2" setting on my stove) and add in the Sleepy Tea. Cover the pan leaving a slight crack to allow some evaporation to occur.
3. Allow the tea to steep here until the 5 cups of liquid have boiled down to 1 cup. This will take about 3 to 4 hours depending on how low the heat is.
4. Once the steeping process is complete, strain the herbs out using a fine mesh strainer, muslin cloth, thin (clean) dish towel, or a thick paper towel.
5. Place the strained milk into a mug. Let the milk cool slightly (to about 110 degrees) and then add in the honey (if using).
6. Sip on this Sleepy Tea Kshirpak about 15 to 30 minutes before your desired bedtime for a cozy, sound, and restful sleep!

QUICK TIPS!

Although this recipe is the preferred method for making a Kshirpak at home, you may find it is not realistic with your daily schedule. In this case, it may be best to bend the rules a bit to allow ease and consistency with this natural sleep remedy. Here are a few ways to make this recipe in less time!

- Use only 2 cups of water rather than the 4 cups recommended; keep the milk at 1 cup and boil everything down slowly until only 1 cup remains. This will take about 1½ to 2 hours at a low heat. For less time still, only use 1 cup water.
- Place the heat at a higher temperature to allow quicker evaporation. I would recommend not exceeding a low-medium however (about a 4 setting).
- Uncover the pan or allow a larger crack in the lid for quicker evaporation.
- Make a double batch to reheat* the following night.
- Make the Kshirpak earlier in the day to reheat* with ease at night.

*Leftovers are not recommended in Ayurveda, but sometimes they will be better than not having the medicine at all. Ideally all leftovers should not be more than 1 to 2 days old. Never reheat the milk more than once.