GOLDEN MILK LATTE RECIPE

Vata↓, Pitta↓, Kapha↑
Makes: 2 cups (16 oz)
Cook Time: 5 minutes (plus 1 to 2 minutes blend time)

INGREDIENTS

- 2 cups organic whole milk (use almond milk OR 1 cup of goat milk and 1 cup of water for Kapha)
- 1 teaspoon Svastha Golden Milk blend (or a similar Golden Milk spice blend)
- ¼ to ½ teaspoon cinnamon powder
- 1 to 2 soft Medjool dates, pitted and finely chopped (use 1 to 2 teaspoons of honey for Kapha, or if preferred)
- ½ to 1 teaspoon vanilla extract

DIRECTIONS

1. Add the milk to a medium-size saucepan, cover, and place it over medium-high. Stir frequently while you bring the milk to just below a boil and then reduce to a low heat.

2. Stir in the Golden Milk Spice blend and chopped dates*.

   IMPORTANT NOTE: If you are replacing the dates with honey, avoid adding the honey until it is time to blend!

3. Simmer for 3 to 5 minutes, stirring every 30 to 60 seconds.

4. Pour the golden milk and dates into a blender. Add in the cinnamon, honey (if using), and vanilla extract. Cover well and blend on high for 1 to 3 minutes or until a perfectly smooth and frothy texture has been reached.

5. Serve, sip, and enjoy in peace and good company!

ADDITIONAL TIPS

- Make sure to use a high-speed blender; if your blender is not too powerful, use honey instead of dates to avoid "chunkies".
- If you do not have dates or your dates are too hard, replace them with honey—it's still super delicious!

- This recipe is very Kapha-provoking! To make it slightly less Kaphagenic, use the Kapha modifications listed in the recipe. The results will likely be a little less frothy, but still super yummy!
- Even with the modifications, Kapha types should limit this drink to 1 to 2 times a week (and avoid it during times of heaviness, congestion, dullness, and fatigue).
- Golden Milk is best in the cool months of fall and winter but can enjoyed all year round.
- Golden Milk can be sipped on before bed to calm the nerves and quiet the mind—or it can be enjoyed as a healthy sweet snack or delicious coffee replacement.