

Almond Drink to Increase Vitality

Ingredients

- 10 raw almonds
- 1 cup boiled hot water
- 1 cup organic cow milk (unhomogenized if possible), substitute with almond milk if lactose intolerant
- 1 tsp ghee
- 1/32 tsp saffron
- 1/8 tsp ground cardamom
- ½ tsp of sweetener such as date sugar

Directions

1. Soak almonds and water together overnight
2. In the morning, drain off the water and rub the skins off the almonds.
3. Bring the milk to a boil
4. Pour the milk in a blender with the peeled almonds
5. Add ghee, saffron, cardamom and sweetener
6. Blend until smooth.