

# 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.