

Hot Date Nut Milk

Soak 10 raw organic almonds and 2-3 organic Medjool dates overnight

Peel almonds in morning (or alternatively—quick peel by soaking in boiled water for about 2 minutes then drain and rinse with cold water and pop out the almonds)

Boil 1 ½-2 Cups organic whole milk

Put peeled almonds in a blender and blend up.

To blender add:

Peeled and pitted dates

1 tsp ghee (or up to 1Tbsp)

Ground spices—about ¼ tsp or to taste---mix of cardamom, cloves, and cinnamon (can fresh grind every few weeks)

¼ tsp green spirulina powder

Optional—can add Chyawanprash or Amrit