

### Ojas Rasayana

*This “bedtime treat,” ensures a deep, restorative sleep. It makes about two servings and can be diluted with water if it is too thick for your liking.*

10 almonds, soaked (8 hours)\*  
1 cup whole milk (dairy, almond or rice)  
2 tsp. ghee  
4-5 dates, preferably medjool  
8 black peppercorns  
½ tsp. each of cardamom, cinnamon  
A pinch each of cumin, turmeric, nutmeg



Liquefy all the ingredients in a blender until it reaches a smooth consistency. Pour into a pot on the stove and bring to a very gentle boil. Stir and serve.

\* If you haven't pre-soaked the almonds, simply blanch them in boiling water for 1 minute. Drain and run under cold water, then remove and discard their skins.

This makes a delicious dessert. Just stir in 1 cup yogurt after removing mixture from heat, spoon into small bowls and drizzle maple syrup over each serving.