

## **Ojas (Immunity) Tonic Recipe (you can make this with oatmeal if you'd like in the morning)**

Eating these foods and herbs in combination with a more balanced lifestyle will support immunity, sleep, vitality, complexion, mood stability and longevity.

The following can be taken before bed to boost vitality, immunity, and support sleep. This may be the yummiest, most nourishing drink you will ever have.

I realize milk is a controversial issue, but most healthy grocery stores sell non-homogenized, vat-pasteurized, chemical-, antibiotic-, and hormone-free milk. Don't drink milk? You may substitute with non-dairy milk, such as coconut, almond or hemp but whole milk is BEST.

Add small amounts of these to one cup of milk as you slowly bring it to a boil:

Chopped dates (1 tbsp)

Chopped almonds (2 tsp)

Coconut meat or flakes (1 tbsp)

Saffron (1/2 tsp)

Ghee (1 tsp)

Cardamom (1/8 tsp)

Nutmeg 1/8 tsp

Turmeric 1/8 tsp

Optional: Once the milk, herbs, foods and spices are cooked and off the flame, add 1 tsp of raw honey, or maple syrup.

Drink one cup each day for 3 months to rebuild ojas levels to support sleep, immunity, and overall well-being.