

THREE SEASONS AYURVEDA



Ojas Building Drink



One cup each night will rebuild ojas levels, support sleep, Immunity and over all well-being.

Ingredients

8 ounces milk or almond, coconut or hemp milk
1 Tablespoon chopped dates
2 teaspoons chopped almonds
1 Tablespoon unsweetened coconut meat or flakes
½ teaspoon saffron
1-2 teaspoons of ghee
1/8 teaspoon of cardamom
1/8 teaspoon or 1-500mg capsule of Shatavari (strength of 100 husbands)
1/8 teaspoon or 1-500mg capsule of of Ashwagandha (strength of 100 horses)

Instructions

Slowly bring all ingredients EXCEPT honey to a simmer, turn heat off and then add honey.



Jeff Perlman is a Clinical Ayurvedic and Pancha Karma Specialist with advanced accreditation in Pulse Diagnosis, Massage and Marma Therapies and Herbology. A professional member of the National Medical association, a Certified Iyengar Yoga instructor, Certified IAYT Yoga Therapist and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639