



Ojas Formula

This ojas formula is a deeply nourishing Ayurvedic vitality drink designed to support strength, immunity, and overall resilience.

Servings: 1
Preparation Time: 10 minutes,
plus soaking overnight



Ingredients

- 3 to 4 **dates**
- 8 to 9 **almonds**
- 1/8 tsp. **cinnamon**
- 1/8 tsp. **ginger powder**
- 1/8 tsp. **cardamom powder**
- 1 cup of milk (whole, non-homogenized, if possible)*
- pinch of **saffron**

Instructions

- Soak the dates and almonds overnight in filtered water.
- Peel the skins off of both (the skins are astringent, so therefore a bit drying and not as nourishing as the dates and almonds themselves).
- Add the dates, almonds, and spices to a blender with a bit of milk.

Ojas Formula (Cont.)



Instructions (Cont.)

- Blend until smooth.
- Add to the rest of the milk and heat on the stove to a boil.
- Lower the heat and boil for 5 minutes, then add the saffron for a minute at the end (saffron is delicate and shouldn't be overcooked).
- Let the milk cool slightly, and enjoy!

*It won't be as grounding, but goat milk, almond milk, oat milk, soy milk, or another milk substitute can be used in place of cow's milk.

If you have a white coating on your tongue (signs of ama, or toxins), take a few days to drink ginger tea to help clear ama before using this recipe. It's heavy to digest and can aggravate the ama.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

