

WARM SPICED MILK



Tags: [Fall](#), [Kapha](#), [Pitta](#), [Vata](#), [Winter](#)

Prep Time: 5 Min

Cook Time: 10 Min

Serves: 1

Directions:

1. Put all ingredients in a medium sized pot, bring to a low simmer on medium to low heat.
2. Simmer for 10 minutes.
3. Strain and enjoy!

You can add maple syrup or honey to sweeten if needed. Do not add honey until it has cooled to room temperature. Heating honey or adding it to hot beverages is mildly toxic.

*Pitta/Kapha: Almond Milk

*Vata: Organic Whole Milk from Happy Cows!

Ingredients:

1 cups *milk

3 cardamom pods (crack pods open so the seeds are exposed)

1/4 teaspoon of turmeric

1/4 teaspoon ginger powder

1/4 teaspoon of nutmeg (Only add nutmeg at night time- it acts as a mild sedative)

dash of cinnamon

4-5 strands of saffron

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5 rose buds (optional)

If your agni (digestive fire) is low in the morning, don't skip breakfast. Try this spiced milk instead. Taking dinner by 7:00pm will also help to strengthen your agni for the next morning.