

OJAS BUILDING SHAKE



Tags: [Fall](#), [Pitta](#), [Spring](#), [Summer](#), [Winter](#)

Prep Time: 15

Cook Time: Overnight

Serves: 2

Directions:

In separate bowls, cover the dates and almonds with water and soak overnight.

In the morning, drain the almonds and peel them by pinching them and popping the nut out of the skin.

Warm the milk and ghee in a saucepan.

While the milk is heating, place the peeled almonds, the soaked dates, and the soaking water from the dates in a blender.

Once the milk is warm, add it to the blender and add hot water. Blend for 2-3 minutes or until smooth and frothy.

Drink warm.

*You can customize this depending on the desired purpose. If taking this in the evening, add ½ tsp of nutmeg as it can support restful sleep. If taking in the morning, add a 1/2 inch piece of fresh ginger as this increases agni, digestive fire, and can support the start of your day. Sprinkle the top with your favorite powdered spice such as cinnamon,

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cardamom, or nutmeg!

Feel free to play with this recipe and make it your own!

Ingredients:

4 Medjool dates

20 almonds

1 cup soaking water for dates

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½ tsp of each cardamom, cinnamon, and turmeric

1 ½ cups of milk (Kapha: substitute rice milk

Pitta/Vata Vegans substitute: oat or almond milk)

½ – 1 cup hot water

½ tsp ghee

Ojas is our “inner sap”, our vitality, consciousness, and immunity. It is the basis for physical and mental endurance, the internalized essence of digested food and thought. Ojas is responsible for protecting the body from physical harm and provides emotional stability. It grounds us and supports our mental, physical and spiritual growth. It protects us against high levels of stress and provides mental stability and peace.

There are foods that build ojas such as milk, ghee, whole grains, vegetables, and fruits, and foods that deplete ojas such as caffeine, alcohol, processed foods, and sugars.

By choosing ojas increasing foods like dates and almonds, you can create that sparkle in your eyes and radiant, glowing skin.