

Golden Milk Recipe & Sleep Tonics

GOLDEN MILK

Use golden milk before bed for insomnia, for colds with congestion, headache, and sore throat, or for depression.

½ tsp. turmeric powder
½ tsp. ginger powder
pinch of nutmeg
black pepper to taste
honey to taste
1 c. milk* from nut, bean, grain, or hoofed mammal

Warm milk in a saucepan. Add turmeric powder, ginger powder, and nutmeg. Stir and simmer. Do not boil. Turn off heat and allow to set for 10 minutes. Add black pepper and honey to taste.

*If this sounds like too much milk, dilute ½ cup milk with ½ cup water.

BEFORE BED OJAS BUILDER

Depleted? Insomnia? If so, your *ojas* is low. Build it back up by drinking this before bed for a few months.

1 c. milk* from nut, bean, grain, or hoofed mammal
2 dates
3 almonds (preferably soaked)
1 tbsp. coconut flakes (unsweetened)
1 tsp. ghee
pinch of saffron
pinch of cardamom
pinch of nutmeg
black pepper to taste
honey to taste

Blend all ingredients except honey and black pepper in a blender at high speed. Then warm in a saucepan. Do not boil. Turn off heat and allow to set for 10 minutes. Pour into mug. Add honey and black pepper to taste.

*If this sounds like too much milk, dilute ½ cup milk with ½ cup water.