



Ojas Milk

Ingredients

- 1 cup organic whole milk (or almond milk)
- 1/4 teaspoon turmeric
- 1/4 teaspoon powdered ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon powdered cinnamon
- 1/4 teaspoon powdered cardamom
- pinch of saffron

Directions

1. Place all ingredients (except saffron) in a saucepan
2. Bring to a low boil
3. Stir slowly for 5 minutes (this allows the spice flavor to blend)
4. Pour in mug and add saffron