

Almond Milk

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Almond Milk is an excellent pro-ojas drink, increasing energy, strength, sexual power and stamina. It is high in easily-assimilated protein and is taken in cases of general weakness and a run-down feeling, and when sexual energy is low.

Ingredients:

15-20 raw almonds
few peppercorns
pinch cardamon
honey

Directions:

At night, put 15-20 raw almonds in a glass of warm water. The almonds must be soaked for at least 8 hours. They must be whole almonds, with skins intact, NOT blanched almonds. If low energy is accompanied by a Pitta imbalance, add equal amount of raisins to the almonds, soak and blend them together.

The next morning, at least one hour before breakfast (preferably two hours before breakfast), peel the almonds, discarding peels and soaking water.

Put peeled almonds into blender. Add 1-2 cups water, a pinch of cardamon and a peppercorn or two (if hunger is low and no pitta imbalance).

Blend for 5-8 minutes on "high" until almonds are completely pulverized, with no paste or pieces left, a liquid consistency throughout. Add honey to taste and blend again briefly.

If this does not suit your normal schedule and you can't adapt to this routine, you can take almond milk any time during the day at least 3 hours after a meal and at least 1 hour before a meal. It can be taken before bed, though the first thing in the morning is best.