

## **OJAS BUILDING MILK TO ENHANCE SLEEP**

**1. Slowly bring 1 cup of plant-based or whole milk to a boil:**

- ❖ **Chopped dates (1 tbsp)**
- ❖ **Coconut meat or flakes (1 tbsp)**
- ❖ **Saffron (1/2 tsp)**
- ❖ **Coconut oil (1-2 tsp)**
- ❖ **Cardamom (1/4 tsp)**

**2. Add Ojas-building herbs (1/4 tsp each):**

- ❖ **Shatavari & Ashwagandha**

**3. Once the milk, herbs, and ojas-building foods have reached a low boil for 10 min, add 1 tsp of maple syrup if desired.**