



# MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992

For a deep and restful sleep we suggest you try out our recipe for Ayurvedic spiced milk. Both calming and easily digestible, it brings you restorative slumbers.



## Recipe for Ayurvedic Spiced Milk

### Ingredients (quantities per person):

**250 ml** whole milk, fresh and of best organic quality

**a pinch of** turmeric, cardamom, cinnamon, or ginger. You can also mix two or three spices according to preference

**½ tp** of Sharkara or brown cane sugar, as necessary

Boil the milk with the spices, letting it rise twice or thrice, then leave it to cool down to drinking temperature.

*Enjoy!*

**People with Vata constitution** can balance their Dosha by adding 1–2 teaspoons Ghee (clarified butter) or almond paste.

**People with a Pitta-predominant** constitution can add 1/2–1 teaspoon of Pitta Churna.

**People with a Kapha constitution** should take half milk, half water: 125 ml milk and 125 ml water. Ginger and cardamom are the ideal spices for this constitution type. Honey is the only sweetener that reduces Kapha Dosha.

Milk with honey is very popular, but please take care not to heat the honey to temperatures over 40 °C – otherwise it becomes harmful according to Ayurveda. You can mix liquid honey into the milk when it has cooled down to under 40 °C.

Milk is easily digestible even in the evening as, in a way, it has already been digested. It's important not to mix milk with other food stuffs except nuts, dried fruits, or the above-mentioned spices. Ayurveda states that combining milk with fruits, vegetables, or salt makes it indigestible.

Recipe and picture: René Sundag, Bad Ems · © Maharishi Ayurveda Health Centre Bad Ems – René Sundag