



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992

Almond Delight with saffron



Recipe

Although this almond confectionery can be enjoyed year-round, it's an especially fitting enrichment to the traditional range of Christmas Season pastries.

Ingredients:

- 250g almonds
- 250g sugar
- 125 ml cream
- 1 tsp cardamom pods, roughly crushed in a mortar
- 1/8 tsp saffron powder
- 1 pinch of salt

If you can, get the ingredients in organic quality, so they contain more nourishing substances and have more taste.

Almonds contain lots of minerals and fat, so they are a great source of energy during wintertime. Furthermore, scientific studies have shown that, if taken regularly, they improve the intestinal flora, increase bone density, alleviate diabetes and high blood pressure, and lower cholesterol levels. From the perspective of Ayurveda, almonds strengthen Kapha and Pitta and therefore are an ideal food to reduce Vata, which increases in winter time due to cold and darkness.

Saffron strengthens Agni, i.e. digestive power, without increasing Pitta and has a calming effect on all three Doshas. At the same time, it has the quality of Sattva (purity) and according to Ayurvedic texts stimulates love, compassion, and devotion.

Cardamom balances all three Doshas, activates digestive power, reduces bloating, and gives a fresh taste in the mouth.



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Recipe – Almond Delight with saffron

Preparation:

- Peel the almonds
- Roast them at 200 °C in the oven until they are light brown
- Grind the almonds to powder
- Use a saucepan with a thick base to boil the sugar, cream, spices, and salt for 2 minutes – stir
- Add the ground almonds
- Stir until the mass comes away from the sauce pan's bottom
- Give the mass onto a cutting board covered with baking paper
- Smoothen with a moistened rolling pin – make a layer about 1 to 1.5 cm in thickness
- Let it cool down for a few hours, then cut into square-inch pieces.

Enjoy!

