



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992



Recipe for fresh Almond Milk

Almonds and dried fruits provide the best nutrients if they are organic.

Soak almonds (with peel) in a jar or bowl with water overnight – take about 10–15, depending on the desired consistency.

Also soak half a handful of dried fruits – such as dates, apricots, figs, raisins – in 300 ml of water. Use a second bowl or simply soak them in the blender jar.

In the morning, skin the soaked almonds (if necessary, briefly quench with hot water), rinse thoroughly and add them to the bowl with the dried fruits. Don't pour out the soaking water of the dried fruits!

If desired, add aromatic spices (such as cardamom, cinnamon, saffron) and liquefy the mixture in a blender.

Almond paste

For almond paste, soak the almonds for about 12 hours, skin, then pound in a mortar or chop with a blender. Add a few drops of the soaking water. Almond paste is hard to digest, can form mucus and block the Srotas (the fine transport channels in the body).

Almond milk increases Kapha Dosha and pacifies Vata as well as Pitta Dosha.

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