



Ayurvedic milk with spices

Ayurvedic milk with spices, enjoyed before going to bed in the evening, is conducive to a deep, restful sleep and thus better restorative effects. It is relaxing and easily digestible because of the spices.

Please note that it's important not to mix milk with other food, except the mentioned spices, nuts or dried fruits. A combination of milk with fruits, vegetables or salt is considered incompatible in Ayurveda.

Ingredients for 1 person:

- 250 ml fresh whole milk, preferably of best organic quality.
- A pinch each of turmeric (curcuma), cardamom, cinnamon or ginger. You can also mix two or three spices as preferred.
- ½ tsp. Sharkara or brown cane sugar if desired.

Bring the mixture to a boil two or three times and let it cool down to drinking temperature.

Enjoy!

If your constitution is Vata-predominant, you can also add 1 to 2 teaspoons of Ghee or almond paste.

If Pitta-predominant, you can add ½ to 1 teaspoon of Pitta Churna.

If Kapha Dosha is predominant in your physiology, you should take only half the amount of milk (125 ml) and mix it with 125 ml of water. Ginger and cardamom are the ideal spices for you. Please note that honey is the only sweetener that reduces Kapha Dosha.

Honey in milk is very popular, but it's important not to heat it. Honey that has been heated higher than 40 °C is considered toxic in Ayurveda. It's best to let the milk cool down to below 40 °C, when you can hold the glass comfortably, before stirring in the honey.