

Ayur-Evening Treat

Ingredients

1-2 pitted Medjool dates
8 oz almond milk
1/8 tsp ground cardamom
1/4 tsp ground ginger
1/8 tsp ground turmeric

Instructions: Soak dates in hot water for 15 minutes to soften, then drain. In a medium saucepan over medium heat, warm the almond milk, drained dates, cardamom, ginger and turmeric (do not boil). Using a hand blender, puree the mixture to desired smoothness, transfer to a thermos or mug, and drink warm – or eat with a spoon if you like it a little chunky.