

Saffron and Almond Drink

This herbal drink is delicious.

Some of its main benefits, when used regularly are:

- May help to remove anxiety and depression.
- May help to improve circulation and memory.
- May help to improve complexion.
- May help to improve immunity.
- May help to promote sleep.
- May help to promote your sense of wellbeing.

What You Need to make 4 cups:

Milk (500ml) raw organic milk if possible or use a plant based milk or plain filtered water

Seeds from 3 Green Cardamom Pods (crushed)

7 Strands of Saffron

1 Cinnamon Stick

Sweet Almonds (60g) (chopped and blanched)

Directions

- Blanche almonds by soaking them in hot water for 10mins and then removing the skin, if you're in a hurry use ground almonds
- Chop the blanched almonds into small pieces.
- Put the milk, plant based milk or water with the almonds in large steel saucepan and bring to the boil.
- Lower the heat to simmer, and add the spices stirring well for 5 minutes.
- Remove the saucepan from heat and allow to cool to a drinkable temperature.

Recipe used courtesy of Mohsin Health.com

Disclaimer: This information is provided for education and information purposes only. Please consult your healthcare professional for personal advice.