

Saffron and Almond Drink

What You Need to make 2 cups:

250 ml organic raw milk or use a plant based milk or water.

Crushed Seeds from 3 Green Cardamom Pods (I use the whole pod but slit it down the middle first)

7-10 Strands of Saffron

1 tsp ground Cinnamon or a cinnamon stick

2 tsp Ground Almonds

Directions

- Put the milk or water with the almonds, cinnamon and cardamon in a steel saucepan and bring to the boil.
- Lower the heat to simmer for 5-10 minutes, stir occasionally
- Add the saffron and simmer for a further 2 mins
- Take it off the heat and let it steep for 5 mins
- Strain and drink

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.

