

## SOOTHING SAFFRON SLEEP TONIC

An Ayurvedic ojas drink with dates, almonds, spices and ashwagandha

For Almond Milk

1 cup raw almonds  
4 cups filtered water  
pinch Himalayan pink salt or sea salt

Place the almonds in a bowl and cover with filtered water. Soak 6-8 hours or overnight. Drain and rinse well, then place the almonds in high-speed blender. Add the water and a pinch of salt. Blend until smooth and frothy. Pour through a nut milk bag, cheesecloth, or other fine mesh strainer to separate the pulp from the liquid. Store the milk in an airtight container in your fridge for up to 3-5 days. Makes one quart milk.

For Elixir

2 cups almond milk  
4 pitted dates  
1 tbsp ghee  
1 tbsp raw honey  
½ tsp cardamom  
¼ tsp saffron  
Optional: ¼ tsp ashwagandha powder

In a small saucepan, lightly heat the almond milk until warm, not boiling. Transfer to a blender and add the remaining ingredients. Pulse until combined. Pour into a mug and sip slowly before bed. Makes two servings.

{gluten-free, vegetarian, Ayurvedic}

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CLAIRE RAGOZZINO

Vidya Living

[www.vidyaliving.com](http://www.vidyaliving.com)

Claire Ragozzino is a certified yoga instructor, natural foods chef and holistic wellness educator. She founded Vidya Living as a resource for women to reconnect with the ancient wisdom of self-healing through food, breath and conscious movement. Blending Ayurvedic principles, plant-based nutrition, and yogic philosophy, her work aims to cultivate clarity and inner wisdom for vibrant living. When she's not in the kitchen, she's traveling sharing her passion for food and authentic connection in transformational workshops and retreats around the globe.