

Saffron Elixir Tea

This wonderful drink is delicious, health-promoting, and easy to make. 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.
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What You Need:

Time Required: 15mins

Recipe for 4 cups

- Milk (500ml) (Raw Organic Milk if possible)
 - Seeds from 3 Green Cardamom Pods (crushed)
 - 7 Strands of Saffron
 - 1 Cinnamon Stick
 - Sweet Almonds (60g) (blanched)
 - Honey (4tsp) (optional)
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Preparation

- Blanche almonds by soaking them in hot water for 10mins and then removing the skin.
 - Chop the blanched almonds into small pieces.
 - Put the milk in large steel saucepan and allow to boil for about 10 minutes.
 - Once the milk has boiled, lower the heat to simmer, and add all the above ingredients (except for raw honey), stirring well for 3 to 5 minutes.
 - Remove the saucepan from heat.
 - Allow to cool to a drinkable temperature.
 - Stir in four teaspoons of raw honey (optional).
 - Serve, drink and enjoy!
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Dairy Free Option

For a dairy-free alternative, use 500ml water instead of milk.

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