

ENERGIZING YOGA CHAI



[see video](#)

Ingredients:

- Handful (6-8) Almonds*
- 2 dates - pitted
- pinch cinnamon
- 1 cardamom pod or 1 pinch ground
- pinch black pepper
- 8-10 oz Hot water
- Optional: ginger, turmeric, cloves



Directions:

1. Soak almonds in a cup of water overnight
2. In the morning gently remove the skin of the almonds by rubbing between fingers and add to a glass/heat-proof cup
3. add dates to same cup
4. add spices
5. pour hot water over all ingredients, cover and let steep for 5 mins
6. Blend
7. Enjoy warm or at room temp

*can use 1 TBS of raw almond butter

Ayurvedic • Nutritious • Energizing

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