RECIPE: *Warming Shake*

Prep Time
Total Time

INGREDIENTS

5	*Medjool Dates, Pitted Soaked*
16-20	*Whole Almonds, Soaked Peeled*
1 1/4 Cups	*Milk or Mylk*
1 Cup	*Filtered Water*
Big Pinch	*Cardamon Powder*

NOTES

Perfect food for the first days postpartum + throughout.
Be sure to add lots of toppings (see Congee Accouterment

PREP

1. Take the pit out of 4 Medjool dates. Place in a glass bowl with very warm (not boiling water).
2. In a separate glass bowl, put almonds and boiled water together. Let almonds sit 10 minutes, dump water and refresh with new boiling water (or longer)
3. Squeeze the almonds between your fingers, one at a time, and be careful they don't shoot across the room! :)
4. Put them in another bowl and rinse them when all are done. If they start sticking again, just add a little fresh boiled water.Don't let the almonds dry out before using. So feel free to leave in warm water until you are ready to make the shake.

METHOD

1. Put all ingredients except milk in blender & blend
2. Put milk in a small pot on stove and gently, slowly heat. Watch closely, once it starts to gently boil add remaining ingredients, mix and turn off.