

# **Saffron Elixir Tea**

## **Health Benefits**

- Removes anxiety and depression.
- Improves circulation and memory.
  - Improves complexion
  - Improves immunity.
  - Helps promote sleep.
- Helps promote sense of wellbeing.

## **What You Need**

**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)**  
**Raw Honey (4tsp) (optional)**

**Time Required: 15mins**

**Recipe for 4 cups**

## **What to Do**

1. Blanche almonds by soaking them in hot water for 10mins.
2. Chop the blanched almonds into small pieces.
3. Put the milk in large steel saucepan and allow to boil for about 10 minutes.
4. 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.
5. Remove the saucepan from heat.
6. Add 4tsp raw honey to sweeten (optional).  
after the saucepan is removed from the heat.
7. Allow to cool to a drinkable temperature.
8. Serve, drink and enjoy!

## **Dairy-Free Option**

For a dairy free option of the Saffron Elixir Tea,  
use 500ml water instead of milk.