

Step 1: Making the Drink

- FOR THE HERBAL BLEND:
- 1 tablespoon ground turmeric
- 1 tablespoon ground ginger
- 1/8 teaspoon pepper
- 1/4 teaspoon ground amla root
- 1/4 teaspoon camu camu fruit powder
- 1/4 teaspoon magnesium (citrate) powder
- 1/4 teaspoon ascorbic acid (vitamin C) powder
- 1/4 teaspoon hawthorn berry powder
- 1/2 teaspoon vanilla powder
- FOR THE CASHEW MILK:
- 1 1/2 cups raw, organic cashews, soaked in hot water, covered, for 10 minutes and then drained
- 3 pitted dates
- 8 teaspoons honey or sweetener of choice
- 5 cups filtered water

To make the herbal blend, combine all the ingredients in a lidded jar.

To make the cashew milk, in a blender, combine all the ingredients and blend on high speed for 2 minutes. Strain through fine cloth or a nut-milk bag, if desired. Store covered in the refrigerator for up to three days.

To make one serving, combine 10 ounces of the cashew-date milk with 1 heaping teaspoon of the herbal blend and mix well.

To make it a warm beverage, warm the cashew milk before mixing it with the herbal blend.

For an iced version, combine cold cashew milk with the herbal blend, mix well, and pour it over ice.