

# Ashwagandha Milk

I simply love ashwagandha root! Considered an adaptogen, it has been used for millennia in India to strengthen our resistance to stress, ease anxiety, and promote sleep. Indeed, it's botanical name is *Withania somnifera*. Somnifera means "sleep-inducing." When I make this warm evening drink, it is loved by all.

## Ingredients:

- 1 teaspoon ashwagandha root powder
- 1 cardamom pod
- 1/8 teaspoon cinnamon
- 2 dates, pitted and sliced
- 12 ounces milk (dairy, coconut, cashew, almond, etc.)

## Directions:

Put the dates and herbs in the milk, bring it to a boil, and turn down the heat and simmer covered for 10 minutes. Strain. (If you don't have dates, now would be the time to add some honey or sugar).

## How to Use:

Drink and enjoy. This is enough to share with someone you love!

**Note:** Ashwagandha is extremely safe but should not be used in pregnancy.