

## T E N D I N G the T A B L E

### *Toasted Coconut Sleepy Time Milk*

Serves 2

#### INGREDIENTS

1 cup almonds, soaked overnight

1 cup toasted coconut flakes

2 dates, pitted

2 1/2 cups water

1 teaspoon ghee

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cardamom

1/8 teaspoon ground nutmeg

#### PROCEDURE

Combine the soaked almonds, coconut, dates and water in a high-speed blender and puree on high. Strain through cheesecloth set over a fine mesh sieve or through a nut milk bag. Discard the pulp. Add the toasted coconut almond milk to a medium pot with the ghee and spices. Bring to just under a simmer being careful not to let the milk boil. Transfer to a blender and blend on high until foamy. Serve warm.