



## Warming Almond Drink

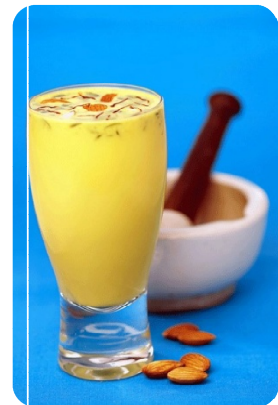
Combine these ingredients for a beautiful relaxing drink - perfect for a cold winter's morning!

vegetarian     dairy-free     soy-free     gluten-free     can be FODMAP-friendly

**Preparation time:** 2 minutes | **Cooking time:** 4 minutes | **Serves:** 1

### Ingredients

- 200ml unsweetened almond milk
- 10 shelled, roasted and salted pistachio nuts, crushed using a coffee grinder, food processor or a mortar & pestle
- ¼ teaspoon cardamom powder
- 1-2 teaspoons of Manuka Honey – adjust to taste
- A few strands of saffron (optional)



### Preparation

1. Heat almond milk in a small saucepan over low to medium heat.
2. Add all the rest of the ingredients and stir for approximately 3 minutes. Do not let it boil.
3. Pour into your favourite mug and enjoy!

### Hints

\*To make this drink FODMAP friendly – use rice milk instead of almond milk. Skip the pistachios or swap for roasted peanuts. And use 100% Canadian Maple syrup instead of honey.