

# The Sun

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 1 hour

## 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.