

## SPICED GHEE DATES

### INGREDIENTS

- 12 Medjul dates – pitted
- 4 tsp Ghee – amount may be adjusted based on preference
- Pinch Ginger, cinnamon, cardamom, nutmeg, and saffron if you have it

### METHOD

- Liquefy the ghee in a saucepan over low heat
- Add the spices and stir
- Pack dates into a mason jar (or other vessel with a lid)
- Pour spiced ghee over the dates, close the lid and shake until completely covered

### DOSAGE

Eat 1-2 each day as a mid-afternoon snack, best enjoyed with a cup of tea

### NOTES

Dates are low fat but rich in vitamins and minerals. They're a terrific source of protein, dietary fiber and vitamins B1, B2, B3 and B5 along with vitamins A1 and C. They are great energy boosters, are rich in potassium, and low in sodium; this helps regulate a healthy nervous system. Dates have high iron content and are very useful in treating anemia. They also have been shown to benefit those suffering from constipation. And last, but not least, they build Ojas and increase sexual stamina. What's not to love?