

Smooth Move Tonic

- 1 teaspoon ground flax seed
- 1 teaspoon psyllium husks
- 1/2 teaspoon triphala powder
- 1 cup almond milk
- 1 dash cardamom
- 1 medjool date

optional: 1 teaspoon raw organic honey



Stir the first three ingredients together in a small bowl. Put almond milk in a blender with the cardamom and date and puree. Warm this milky mixture over a gentle flame, bringing it just to the brink of boiling.

Turn off the heat. Stir in the flax, psyllium, triphala mixture. Allow it to cool a bit while the dry ingredients absorb the moisture. Add honey if desired.

Note: Drink this while still warm, or will turn to pudding thanks to the psyllium, in which case you will need to eat it with a spoon.