

Ashwagandha-Spiced Ghee



Ashwagandha (*Withania somnifera*) is such a wonderful herb. It comes to Western Herbalism by way of Ayurveda, where it is known as a Rasayana- a supreme tonic herb. It supports the nervous system and helps reduce stress and anxiety and, if taken over time, will promote restful sleep and good energy endurance during the days with fewer crashes and lows. As an adaptogen, it also helps support an appropriate stress response, taking us from a chronic state of "flight or fight" into a state where we can better manage and roll with the day-to-day stresses of life. It's a wonderful herb to add to your daily protocol for just about anyone living in the stress of our modern world! The addition of the spices in this recipe supports assimilation and digestion and add a nice flavor too. It's so easy to make your own and can be a great part of a daily health routine.

Ingredients:

- 1 2/3rd cups ghee
- 1/2 cup Ashwagandha powder
- 2 tsp Ginger powder
- 2 tsp cinnamon powder
- 2 tsp cardamom powder
- 2 tsp rose petal powder
- Raw honey to taste (optional)

Directions:

1 and 2/3rd cups ghee is the amount of ghee you will get from cooking down 1 lb of butter, and is also the same amount of ghee in the jar size it is commonly sold in. Combine the herbs and ghee in a pan. Put on low and mix the herbs into the ghee as it melts. Be careful not to burn the herbs. Heat gently for 4-5 minutes. Then pour into a heat-resistant jar, like a mason jar. Add raw honey to taste if desired. Stir occasionally as it cools to ensure that the herbs are evenly mixed into the ghee. A medicinal dose is 3 tsp/day. Eat straight, put on toast, add to warm grains, put in coffee or tea, or use for cooking.

Enjoy!