

Restorative Drink: Sesame-Ginger Milk

Take this drink immediately after having intercourse. This creamy and stimulating drink is nourishing to the nervous system and the male sexual organs.

12 ounces of milk
2 Tablespoons (or 1-3 inches) of fresh ginger,
peeled and finely chopped
¼ cup of ground sesame seeds
2 teaspoons of maple syrup or honey

Blend until frothy in a food processor or blender; to serve warm, add a Tablespoon of Ghee and heat gently and enjoy. A simpler version is to put a tablespoon of raw sesame oil (not toasted!) in some warm milk and enjoy.