

Moon Milk

Serves 2

Ingredients

1. 20oz plant milk (I love Oat or Almond)
2. 1 tsp turmeric
3. 1/4 tsp nutmeg
4. 1/4 tsp cardamom
5. 1/2 tsp ashwagandha
6. 2-3 dates (depending on how sweet you prefer)
7. 1/8 tsp pepper
8. 1 tsp coconut oil

Directions

1. In a high powered blender combine ingredients 1-7
2. Pour blended mixture into a small sauce pan and heat over medium heat
3. Stir occasionally until warmed to your preference. do not scald!
4. Stir in coconut oil
5. Pour in to your favorite mug. sprinkle with additional cinnamon sip and enjoy

Renew

NUTRITION CONSULTING