

Moon Milk - A natural sleep aid to put your mind and body at rest!

Ingredients

- 1 cup plant-based milk
- 1 tsp honey
- 1 tsp superfood powder of choice (turmeric, blue spirulina, beetroot)
- ½ tsp ashwagandha
- CBD oil drops (optional)
- 1 tsp magnesium powder (optional)
- 1 scoop collagen (optional)
- 1 tsp coconut butter or canned coconut milk (optional)

Directions

1. Heat milk in a small saucepan on medium heat, until you reach a gentle bubble.
2. Add all ingredients that you would like in your milk and whisk until the mixture is smooth and creamy! Optional but you can also pour the heated mixture in a small blender or use a handheld frother to really turn the milk mixture into a latte!
3. Pour in your favorite cozy mug and enjoy!

Notes

1. Can be made ahead of time by pouring the mixture in mason jars - allow to cool to room temperature, and store in the fridge for up to 3 days.
2. If you are using a lot of adaptogens/add-ins, after the mixture has been heated, add to a blender and blend until nice and frothy! This also helps for all the ingredients to be fully mixed so you are not left with so much sediment at the bottom of your mug!