

SOUL FLOW
BY
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Making Moon Milk

Sipping a cup of golden moon milk is a great addition to your night time ritual. It is made with turmeric, which has a host of health benefits, and ashwagandha, a stress-fighting herb which is known to promote sleep. It is warm and soothing, and will help to quieten a noisy head before bed.

¼ tsp turmeric
¼ tsp ashwagandha powder
1 tsp coconut oil
1 pinch cardamom powder
½ cup coconut milk
½ cup rice milk
1 tsp Moon Water

Heat together and blitz until frothy, sprinkle with cinnamon and add honey or syrup to taste. Top with desired herbs (rose, lavender)



MOON MILK

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