

WEEK 2 Recipe

Bedtime drink



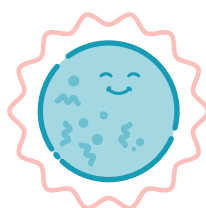
Makes: 1 cup | Cooking time: 10 minutes

INGREDIENTS

- 1 cup unsweetened nut milk (such as hemp, almond, or cashew)
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ashwagandha
- ¼ teaspoon of ground cardamom
- pinch of ground ginger (optional)
- pinch freshly ground black pepper
- 1 teaspoon virgin coconut oil
- 1 teaspoon honey, preferably raw

INSTRUCTIONS

1. Bring milk to a simmer in a small saucepan over medium-low heat.
2. Whisk in cinnamon, turmeric, ashwagandha, cardamom, ginger, if using, pepper.
3. Whisk vigorously to incorporate any clumps. Add coconut oil, reduce heat to low, and continue to cook until warmed through, 5–10 minutes.
4. Remove from heat and let cool slightly.
5. Stir in honey (avoid cooking honey or you'll destroy its healing properties).



Enjoy!