



MOON MILK

AYURVEDIC RECIPE

1 Cup Milk
1 tsp Ashwagandha
1/2 tsp Ground Cinnamon
1/2 tsp Ground Cardamom

- Pour the milk into a saucepan and heat on medium heat until it begins to steam, but does not boil.
- Turn off the heat and let the milk cool for a few minutes and add the herbs.
- Stir the mixture well to ensure the herbs are fully incorporated into the milk.
- Pour the moon milk into a mug and enjoy before bed or when you are having trouble falling asleep.



GOLDEN MILK

AYURVEDIC RECIPE

1 Cup Milk
1 tsp Ground Turmeric
1/2 tsp Ground Nutmeg
A pinch of Saffron
A pinch of Black Pepper

- Pour the milk into a saucepan and heat on medium heat until it begins to steam, but does not boil.
- Turn off the heat and let the milk cool for a few minutes and add the herbs.
- Stir the mixture well to ensure the herbs are fully incorporated into the milk.
- Pour the golden milk into a mug and enjoy before bed or when you are having trouble falling asleep.



POPPY SEEDS MILK

AYURVEDIC RECIPE

3 Tbsp of raw poppy seeds

1 Nutmeg

3 Cardamoms

- Crush the ingredients in blender and preserve in a jar.
- Pour 1 cup of milk into a saucepan and heat on medium heat until it begins to steam, but does not boil.
- Turn off the heat and let the milk cool for a few minutes and add 1 tsp of the mixture from the jar.
- Stir the mixture well to ensure the herbs are fully incorporated into the milk.
- Pour the poppy seeds milk into a mug and enjoy before bed or when you are having trouble falling asleep.