



Everything Herbal

by Cheryl Jabz

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RECIPE

Cinnamon Ashwagandha Bedtime Tea

Warm and grounding
adaptogenic tea.



INGREDIENTS

- 1 cup water
- 1/2 teaspoon ashwagandha powder
- 1/4 teaspoon cinnamon
- Tiny pinch ginger
- 1 tsp maple syrup



INSTRUCTIONS

- 1 Simmer water with ashwagandha, cinnamon, and ginger for 5 minutes.
- 2 Remove from heat. Strain if needed.
- 3 Stir in maple syrup.
- 4 Drink warm.



BENEFITS:

Ashwagandha may help with stress-related sleeplessness. Cinnamon adds warmth and comfort. Ginger improves flavor and digestion.



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