



Everything Herbal

BY CHERYL JABZ

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THIS RECIPE



Lavender Vanilla Moon Milk

A CREAMY NIGHTTIME
COMFORT DRINK



INGREDIENTS

- 1 cup oat milk or milk
- 1/2 teaspoon dried culinary lavender
- 1/2 teaspoon vanilla extract
- 1 tsp. honey
- Tiny pinch nutmeg

INSTRUCTIONS

- 1 Warm milk in a saucepan over low heat.
- 2 Add lavender and nutmeg. Simmer gently for 5 minutes.
- 3 Strain lavender if desired.
- 4 Stir in vanilla and honey.
- 5 Serve warm.

BENEFITS

Lavender promotes calmness. Warm milk creates comfort. Nutmeg adds cozy nighttime flavor.



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