



EVERYTHING HERBAL

by Cheryl Jabz

Nature's
Gentle
Healer

CHAMOMILE Moon Milk Recipe

This soothing chamomile milk, often called moon milk, is a calming, caffeine-free bedtime drink perfect for promoting relaxation and restful sleep. It combines gently steeped chamomile with warm, creamy milk and a touch of natural sweetness for a comforting nighttime ritual.



INGREDIENTS

- 1 cup milk (dairy or plant-based such as almond, oat, or coconut)
- 1–2 teaspoons dried chamomile flowers
- or 1 chamomile tea bag
- 1–2 teaspoons honey or maple syrup
- 1/4 teaspoon ground cinnamon (optional)
- 1/2 teaspoon vanilla extract (optional)



INSTRUCTIONS

Warm the milk in a small saucepan over low heat until hot but not boiling. Add chamomile tea bag or flowers directly into the milk. Remove from heat, cover, and steep for 5–7 minutes. Remove tea bag or strain out flowers. Sweeten and stir in honey, cinnamon, and vanilla if using. Pour into a mug and enjoy before bedtime.



BENEFITS OF CHAMOMILE MOON MILK

Supports deep relaxation and better sleep. Helps calm the nervous system. Aids digestion before bedtime. Naturally caffeine-free and gentle.

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