



Valerian Moon Milk

A soothing bedtime sip for restful evenings.



INGREDIENTS

1 cup milk or oat milk

1/2 tsp. dried valerian root

1/2 tsp. cinnamon

1 tsp. honey

Tiny pinch nutmeg

1/2 tsp. vanilla extract

INSTRUCTIONS



Heat milk gently in a saucepan. Add valerian root and cinnamon. Simmer very lightly for 5 minutes.



Strain into a mug. Stir in honey, nutmeg, and vanilla. Serve warm before bedtime.



SCAN ME

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