



# Moon Milk




Everest

Moon milk is served warm, with a hint of sweetness and a hint of spice. Infused with adaptogens, moon milk is a soothing nightcap for perfect relaxation and deep sleep.







SERVINGS

2 people

CALORIES

160 kcal

## INGREDIENTS

- 2 cups whole milk 2% works too
- 2 tsp honey
- 1 tsp ashwaganndha
- 1/2 tsp ground cinnamon
- 1/3 tsp ground turmeric
- 1/3 tsp ground ginger
- 1/2 tsp vanilla extract
- 1 tsp butterfly pea powders (optional for a blue hue!)

## INSTRUCTIONS

1. In a small saucepan, combine the milk, honey, ashwagandha, cinnamon, turmeric, ginger, and vanilla.
2. Heat over low heat until warm but not boiling. Stir frequently.
3. Remove from the heat and pour into a mug.
4. Settle in and sip your moon milk!

## NOTES

This Moon Milk will serve you nicely, whether you're just before bed or just home after a brisk

winter walk. A wonderful treat in the spring and a splendid afternoon sip in the fall. Moon Milk serves it all.

Estimated – Nutrition Facts (Per Serving)

- **Calories:** 215 kcal
- **Carbohydrates:** 21g
- **Sugars:** 14g
- **Protein:** 8g
- **Fat:** 5g
- **Saturated Fat:** 3g
- **Fiber:** 0.5g
- **Cholesterol:** 20mg
- **Sodium:** 90mg
- **Calcium:** ~275mg (≈21% DV)
- **Iron:** ~0.7mg (≈4% DV)



Serving Size:

1 mug (approx. 8 oz / 240 mL)

