

Night Cuppa
RECIPES

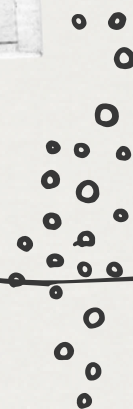




Lavender Latte

SOOTHING THE SOUL

The perfect aromatic evening drink to help your restoring sleep. You can exchange coconut milk for cow milk, oat milk, rice milk, almond milk etc.





INGREDIENTS

- 250ml coconut milk
- 1/2 teaspoon edible lavender
- 2–3 drops vanilla essence
- 1 tablespoon sweetener of choice
- A dash of cinnamon

1. Combine ingredients in a pot.
2. Gently warm up, but do not boil. After simmering, turn off the stove, cover with a lid and let it sit for 5 minutes.
3. Strain, sit back and enjoy!



Golden Mylk



LET THE SUN SHINE ON YOU

An embracing and warming evening drink to prepare your mind, body and soul for a restful sleep.



INGREDIENTS

- 250ml milk of choice
- 1/4 tsp turmeric
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 tsp sweetener of choice
- A dash of black pepper and vanilla essence

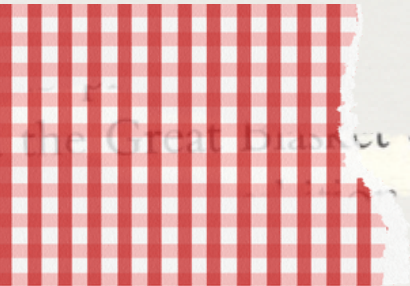
1. Combine ingredients in a pot.
2. Gently warm up, but do not boil. After simmering, turn off the stove, cover with a lid and let it sit for 5 minutes.
3. Strain any leftovers, sit back and enjoy!




Night Tea

UNWIND NATURALLY

Buy good quality, loose herbs to mix this tea yourself. You can multipe the amounts and store in an air-tight container for future use. Sweeten if needed.



the Great Barrier Reef and fell in love with it.
to rebuild the village as a holiday



Moon Mylk

ASHWAGANDHA LATTE

Healing power of ancient Ayurvedic adaptogens to bring relaxation , rejuvenation and to sooth the nervous system.

INGREDIENTS

- 250ml milk of choice
- 1/2 tsp ground Ashwagandha (buy online or in local herb shop)
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- A pinch of ground nutmeg
- 1 tsp coconut oil
- 1 tsp sweetener of choice

1. Gently warm up the milk , but do not boil. Once warm, whisk in the spices. Let it simmer for 5 minutes.
3. After 5 minutes, turn off. Stir in the coconut oil and sweetener of choice. Sit back and enjoy.

