

RECIPE

Moon Milk) Ashwagandha Tea



Ready in **20 minutes**

Serves **1 person**

Tips

Ashwagandha is an adaptogen. Adaptogens have been regarded in ancient Asian medicine as plants that help the body deal with stress. They help your body “adapt” better. This property makes Ashwagandha an excellent ingredient for a sleep tonic.

Ingredients

- 1 cup of non dairy milk (Cashew, Almond)
- ½ tsp ground cinnamon
- ¼-¾ tsp ground turmeric
- ¼ tsp of freshly powdered Ashwagandha root
- A pinch each ground cardamom, ginger, and nutmeg
- A pinch freshly ground black peppercorn
- 1 tsp virgin coconut oil
- 1 tsp honey

Preparation

1. [Bring cashew milk to a simmer on a low-medium flame.](#)
2. [Add cinnamon, turmeric, ashwagandha, cardamom, ginger, nutmeg, and pepper.](#)
3. [Whisk well to mix in clumps.](#)
4. [Add coconut oil](#), and reduce the flame to low. [Whisk for 5-10 minutes](#) (based on preference)
5. [Remove from flame and allow to cool slightly.](#) (I transferred it to my cup, but you may add it to your pot)
6. With the flame off, add [honey and stir](#), (it is important not to let the honey cook)
7. Enjoy the beverage warm and allow it to soothe you into a cozy slumber.