

## **Evening Rose Moon Milk:**

Makes 2 cups of Moon Milk

### **1 tsp each:**

- ◇ Rose
- ◇ Chamomile
- ◇ Milky Oat Tops

**¼ tsp Ashwagandha Root (whole root, powder or tincture)**

**½ tsp vanilla extract**

**¼ tsp Rosewater (optional)**

**1 cup water**

**1 cup milk of choice**

**1 tbs Honey (or as desired)**

**\*cinnamon and/or rose petals to garish (optional)**

### **To Brew:**

- **Combine the first three herbs and steep in 1 cup just boiled water for 10 minutes.**
- **While your tea steeps, Combine milk and Ashwagandha. Warm for 5 mins. Strain out herbs or powder through strainer.**
- **Add honey & Rosewater to milk**
- **Froth if desired**
- **Strain herbs from brewed tea and pour into your favorite mug**
- **Add milk to top & garnish as desired.**
- **Enjoy!**