

Spiced Gingerbread Latte

Ingredients

- Cup of milk (ideally full fat un-homogenised organic dairy)
- 1/2 teasp maple syrup
- 1/2 teasp of vanilla extract
- 1/4 teasp of ginger
- 1/4 teasp of cinnamon
- Pinch of cardamon & nutmeg
- Optional 1 x tsp of ghee for extra nourishment

Directions

Warm milk in a pan to simmer, add spices & let simmer for a minute or two. Then transfer to blender with the rest of the ingredients and blitz until smooth. Sprinkle with a pinch of cardamon & nutmeg. Add the ghee if you like. (especially good if you have constipation, dry skin/nails/hair or feeling anxious, sleep deprived)

Notes

This is a great alternative to coffee and like a warm hug in a mug! You can make it your own by mixing up the spices in it too.

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Date & Cinnamon Smoothie

Ingredients

- Cup of milk (ideally full fat un-homogenised organic dairy)
- 1-2 medjool dates
- 3-5 peeled & soaked almonds
- Pinch of cinnamon & cardamom

Directions

Warm a mug of milk of choice in a pan, add pinch of cinnamon & cardamom. Once warm, transfer to a blender, add almonds and dates and blend until smooth.

Notes

This is a great warm breakfast option if you would like something quick & easy, or to take with you. (although I always advise eating sitting down to avoid adding air & wind into your body)



Golden Grounding Milk

Ingredients

- Cup of milk (ideally full fat un-homogenised organic dairy)
- 1/2 teasp turmeric
- Pinch of cinnamon & cardamon & grated nutmeg
- 1/2 teasp of honey or maple syrup to sweeten (once cooled)
- 1/2 teasp ghee (optional for extra grounding & nourishment)

Directions

Warm a mug of milk of choice in a pan, add turmeric, pinch of cinnamon, cardamon & freshly grated nutmeg. Whisk until frothy and warm.

Notes

This is a great if you wake feeling anxious and sleep derived and need something calming to ground you. It's also a wonderful bedtime tonic to help with sleep.



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