

Milk Tonic

Enjoy this delicious warm milk at bedtime for greater sleep

Ingredients

- 1 cup organic milk (unhomogenized if available), substitute with Almond milk if lactose intolerant
- 3 whole cloves
- ¼ tsp turmeric
- 3 whole black peppercorns (optional)
- ¼ tsp cardamom powder, or 5 seeds or pods
- pinch of fresh ground nutmeg
- 1 tsp ghee (clarified butter)
- 1 tsp sweetener such as succanat, turbinado, raw/unfiltered honey, jaggery, maple syrup (optional)
- ¼ tsp anise, 1 tsp fennel seeds, and/or 3-5 threads saffron (optional)

Directions

1. Combine milk and spices in a smaller pot and bring to a boil.
2. Watch the milk to prevent it from boiling over, this happens very quickly so be careful.
3. Let the milk simmer for a few minutes, then cool a little and add sweetener.

Feel free to experiment with the recipe to meet your desired taste