



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

Cherry Lavender Moon Milk

INGREDIENTS

2 cups of a milk of your choice
(2%, almond, soy, oat, etc.)
¼ cup rolled oats
¼ cup sweet cherries (fresh or frozen)
2 Tbsp walnuts
½ tsp lavender buds
¼ tsp ground ginger
¼ tsp ground nutmeg
¼ tsp turmeric powder
1 Tbsp maple syrup
1 tsp coconut oil
Salt to taste

Garnish with lavender buds,
cherries, and turmeric (optional)

DIRECTIONS

1. In a blender let milk, oats, cherries, walnuts, ginger, nutmeg, turmeric, salt, and lavender soak for 30 minutes.
2. After the 30 minutes, blend into a relatively smooth liquid.
3. Heat Moon Milk on the stovetop over medium-low heat until frothy.
4. Whisk in the maple syrup and coconut oil.
5. Pour the moon milk into mugs.
6. Garnish as you like.

This recipe can be easily modified to be gluten-free, dairy-free, and vegan depending on your choice of milk and using gluten-free oats.

DID YOU KNOW?

Drinking a mug of warm, herb and spice-infused milk to help you sleep has been used in Ayurvedic medicine for centuries. Praised for its stress relieving properties, Moon Milk can help strengthen the body's immune system and increase energy levels during the day.

