

Dreamy Dandi Chai

Serves 1 big mug / 2 small cups

This is the ultimate winter warming nourishment to have right before bed. No caffeine but the warming Ayurvedic spices of chai.

The beautiful Luna Sleep Support blend pairs perfectly with the flavours of this 'hug in a mug' and contains many herbs such as passionflower, chamomile and lavender which are well known for their properties to soothe the nervous system, quiet the mind and bring about whole body relaxation. Enjoy as part of your wind down bed time routine.

Ingredients

- 1 tbs Dandelion Root Tea
- 5 Cardamon Pods
- 1 Cinnamon Stick or 1/2 tsp of ground cinnamon
- 5 slices of fresh Ginger or 1/2 tsp ground ginger
- 1 tsp Luna Bliss Elixir Powder
- 1/3 cup Boiling water
- 1 cup Oat milk (or your favourite milk)
- 1/2 tsp maple syrup or honey (optional)
- Pinch of chai sprinkles (optional) (just a blend of all the ground chai spices and coconut sugar)

Method

1. In a small saucepan place the dandelion tea, cardamon pod, cinnamon, ginger, Luna powder then pour the boiling water on top and let it brew for 1-2 minutes.
2. Add the oat milk and place on the stove on medium heat to warm up to your desired temperature.
3. Strain the chai through a strainer into your favourite mug, stir in your maple syrup or honey (optional) and your pinch of chai sprinkles (optional) and sip mindfully before bed!



Vegan // Gluten Free // Real Food // Adaptogen // Caffeine Free

Per Serve Energy:381kJ Protein:1.6g Fat:3.6g Sat Fat:0.5g Carbs:12.3g Sugars:4.3g Sodium:2mg