

THIS PKN™

Moon Milk



Ingredients

Makes 1

- 1 cup **THIS PKN Original**
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ashwagandha (or another adaptogen, like shatavari or astragalus)
- 2 pinches of ground cardamom
 - Pinch of ground ginger (optional)
 - Pinch of ground nutmeg
- Freshly ground black pepper
- 1 teaspoon virgin coconut oil or ghee
- 1 teaspoon honey, preferably raw

Preparation

Bring **THIS PKN Original** to a simmer in a small saucepan over medium-low heat. Whisk in cinnamon, turmeric, ashwagandha, cardamom, ginger, if using, and nutmeg; season with pepper.

Whisk vigorously to incorporate any clumps. Add coconut oil, reduce heat to low, and continue to cook until warmed through, 5–10 minutes (the longer you go, the stronger the medicine).

Remove from heat and let cool slightly. Stir in honey (you want to avoid cooking honey or you'll destroy its healing goodness). Pour into a mug, drink warm.

