



Deep Sleep Latte

A Harney & Sons Wellness Recipe



Ingredients:

Hemp Moringa Deep Sleep Wellness Tea

Water

½ cup plant-based milk (oat, almond,
cashew, coconut)

2 tsp local honey

Directions:

1. Brew 1 tbsp of Deep Sleep in 8 oz. of water just under the boiling point (180 degrees Fahrenheit). Steep for 5 minutes.

2. Heat milk on the stove, whisking often.

3. Combine tea and milk in a blender and blend on high for 10 seconds.

4. Pour into a mug (or glass with ice), curl up in your comfy spot and enjoy!