

Lavender Moon Mylk Latte

This Lavender Moon Mylk Latte is the perfect drink to calm your nerves, promote relaxation and improve concentration. If you get the coffee jitters, this beverage is a great alternative that can be enjoyed any time of day.

Get the restorative benefits of **CanPrev's Magnesium Bis-Glycinate Natural Drink Mix** in Juicy Blueberry flavour, paired with **Adrenal Chill** for that zen feeling without drowsiness. Enjoy it on cool days, or before bed as a soothing sip.



Preparation time: 5 mins | Servings: 2



Ingredients

- 2 cups plant-based milk of choice
- 2 tbsp honey
- ½ tbsp dried lavender buds
- ¼ tsp cardamom
- 1 tsp Ube powder (optional for extra colour)
- 1 capsule Adrenal Chill, opened
- 1 scoop Magnesium Bis-Glycinate Drink Mix - Juicy Blueberry

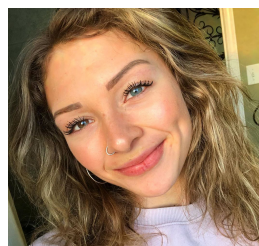
Method

1. In a small saucepan, warm milk over medium heat. Whisk in the remaining ingredients stirring continuously until mylk comes to a light boil.
2. Using a strainer, pour mylk into your favourite mug and enjoy warm.

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Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

