



4 servings



30 minutes



pumpkin spice golden milk

with chamomile



ingredients:

- 3 1/2 cups of water
- 1 cup hemp seeds
- 3 inches of fresh ginger
- 1 1/2 inches of fresh turmeric
- 1 tablespoon chamomile flowers
- 8 dates
- pinch of sea salt
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract

instructions:

1. Heat water to almost boiling.
2. Place water and remaining ingredients in a blender.
3. Carefully blend all until fully smooth and mixed. Leave a small space at the top of the blender for the steam to escape.
4. Pour into a non-plastic bowl and let steep and cool for 10 minutes.
5. When cooled a bit, pour through a nut milk bag, cheesecloth, or other strainer into a quart-sized mason jar. You'll probably have to squeeze quite a bit to release all liquid. This step may take a while!
6. Drink as is, reheat gently, or store in the fridge for future drinks!

the cuisine of health

- Chamomile is incredibly calming. It...
 - soothes nerves
 - helps with upset & irritable stomachs
 - soothes teething pain in babies
 - relaxes muscle tension
 - treats conjunctivitis / pinkeye