

Moon Milk - Fontana



These 50 recipes take an ancient Ayurvedic technique for getting a good night's sleep to a new, plant-based level!

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$17.95

Sales price without tax \$17.95

Tax amount

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Description

Moon milk, the ancient Ayurvedic tradition of drinking warm milk with healing herbs and spices at bedtime, has made a comeback with health bloggers around the world. Now, this beautiful book takes moon milk to the next wellness level by not only featuring the most effective, scientifically proven ingredients for reducing insomnia, but also focusing on plant-based, dairy-free milk alternatives so that anyone with food intolerances can still harvest the many benefits of this potent drink. The 50 gorgeous recipes come in all colors of the rainbow, so you'll want snap and post your creations before sipping them and settling in for a great night's sleep.

Reviews

There are yet no reviews for this product.