



Cooling Summer Nighttime Milk for Sleep

This cooling nighttime milk for sleep is an Ayurvedic bedtime drink designed to calm the mind and support restful sleep during warm weather.

Servings: 2

Preparation Time: 5-10 minutes



Ingredients

- 2 cups of whole milk (preferably non-homogenized, whole milk)
- 1/8 teaspoon **cardamom powder**
- 1/8 teaspoon **anantamul powder**
- 1/8 teaspoon **powdered Brahmi**
- 4-5 drops of edible **rose water**
- 1 teaspoon of **ghee** (optional) or use **homemade ghee**
- 1/2-1 teaspoon of **coconut sugar** or **maple syrup**

Cooling Summer Nighttime Milk for Sleep (Cont.)



Instructions

- Pour the milk into a medium saucepan. Add cardamom, brahmi, and coconut sugar (if using maple syrup add to the mug rather than cooking it). Bring to a boil, allowing milk to rise in the pot gently. Pour into cups, add the rose water (and maple syrup) and enjoy this nighttime milk recipe 1-2 hours before bed.
- Variations: If there is an allergy to cow's milk, try goat or almond milk. But, if you're able to consume cow's milk, it's the most grounding of all of the milk choices and therefore will help promote better sleep.

This recipe is appropriate for all dosha types, but may be too cooling in the fall, winter, and spring. During these months, try **Warm, Spiced Milk** or **Turmeric Milk**.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

