



MOON MILK

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# MOON MILK

EASY RECIPES FOR PEACEFUL SLEEP



ANNI DAULTER



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## LAVENDER HOT CHOCOLATE

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*I am calm. I am bliss.  
I am present in this moment.*

### SERVES 2

2 cups milk of choice

1/4 teaspoon lavender buds

1/2 cup premium chocolate chips

Whipped cream, for garnish

Moon-shaped Magical Marshmallows, for garnish (see page 22)

In a saucepan, heat milk and lavender buds until milk is hot but not boiling. Remove from heat, cover, and steep for about 15 minutes.

Strain milk and pour over chocolate chips. Stir together over medium heat until chocolate is completely dissolved. Serve with whipped cream and marshmallow garnish if desired.

# MATCHA MOON LATTE

*Peace is my heart's truth.*

SERVES 1

1/2 teaspoon matcha powder (see page 19)

1 teaspoon maple syrup

1/2 cup whole cow's milk

1/2 cup coconut milk

1 tablespoon coconut oil or Sweet Spiced Ghee (page 23)

1/4 cup hot water

Place the matcha powder and maple syrup in your serving mug and mix into a paste. Combine the milks and coconut oil in a saucepan and begin to gently warm—do not boil. Add a little of the hot water to the matcha paste, about a teaspoon to begin with, and stir well. Add the rest of the water, whisking gently until the matcha begins to form its own froth. When the milk mixture is warm, pour over matcha and stir to gently bring together.

You can also froth (see page 15) milk before pouring over the matcha in a true latte style.





## SLUMBER SHOTS

*My heart smiles with joy.*

SERVES 2

1/2 teaspoon shatavari powder (see page 20)

1 teaspoon dried rose petals, crushed into powder (see page 20)

1/8 cup hot water

1/2 cup whole cow's milk

1/2 cup hemp milk

Rose petals, for garnish

Mix the shatavari and dried rose powders with the hot water to make a paste. Combine milks in a saucepan and gently warm over medium-low heat—do not boil. When the milk mixture is warm, add shatavari paste and whisk well to combine. Pour into 2 small glasses, sprinkle with rose petals, and share with a friend.



## CRUSHED VELVET

—  
*I am all things,  
and all things are me.*

### SERVES 1

- 1 teaspoon beet powder (see page 16)
- 1/2 teaspoon activated charcoal (see page 16)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon vanilla extract
- 1 teaspoon maple syrup
- 1 cup whole cow's milk or coconut milk
- 1 tablespoon coconut oil or Sweet Spiced Ghee (page 23)
- 1/2 teaspoon bee pollen
- Marbled Marshmallow (see page 22), for garnish

In a cup or mug, add the beet powder, charcoal, ginger, vanilla, and maple syrup and mix into a paste. Warm milk in a saucepan over low heat—do not boil. When the milk mixture is warm, pour over the paste mixture and stir to gently bring together. Froth the milk using your favorite method (see page 15). Stir in coconut oil. Sprinkle with bee pollen, garnish with marshmallow, and sip with joy!

# TWILIGHT DELIGHT

*I gently slip into the  
twilight of soft dreams.*

## SERVES 2

- 2 apricots, pitted and sliced
- 1/4 cup coconut butter
- 1 teaspoon dried ginger
- 1 teaspoon bee pollen
- 1 teaspoon almond extract
- 2 cups almond milk

Blend apricots with coconut butter, ginger, bee pollen, and almond extract until smooth. Heat the milk in a saucepan until hot but not boiling. Briefly blend until all ingredients are combined and enjoy immediately.



# LAVENDER HONEY NIGHTCAP

*I am a dreamer in the land  
of milk and honey.*

SERVES 2

## HOMEMADE LAVENDER HONEY SYRUP

1/4 cup dried lavender

1/2 cup water

1/4 cup honey

## NIGHTCAP

Ice

2 ounces vodka

2 ounces heavy cream

1 egg white

2 ounces Homemade Lavender Honey Syrup

Fresh lavender blossoms (optional)

For the syrup, place lavender and water in a saucepan and bring to a boil. Simmer until water is reduced by half. Strain lavender then mix warm lavender water with honey until the honey is dissolved. Store in a bottle in a cool dry place until ready to use. Keeps for about 2 weeks.

Fill a cocktail shaker with ice and add all the ingredients. Shake until it is well-mixed and frothy. Strain into 2 glasses and sprinkle with lavender blossoms.







## CEREAL MILK & COOKIES COCKTAIL

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*The night brings rest and  
renewal to my spirit.*

### SERVES 4

1 cup frosted cornflakes cereal  
3 cups milk of choice  
2 ounces Baileys Irish Cream liqueur  
2 ounces Frangelico liqueur  
1 teaspoon orange zest  
Cookies for serving

To make the cereal milk, soak the cornflakes in the milk for about 15 minutes. Strain.

You can serve this drink warm by gently heating the milk and frothing (see page 15) in your favorite way. Evenly divide into 4 cups. In a cocktail shaker, combine the liqueurs. Shake well and strain into the 4 cups. Garnish each cup with the orange zest. You can also serve it as a cold brew: Combine all the ingredients in a large jug. Pour in batches into a cocktail shaker filled with ice. Shake well and strain into a glass, garnishing with orange zest. Either way, serve with your favorite cookie!