

Lavender Milk Steamer (one of Dr. Kulp's favorite drinks)

Ingredients

- 1 cup of unsweetened almond milk or oat milk
- ½ teaspoon of vanilla extract (organic)
- One pitted date
- 2 Traditional Medicines lavender teabags

Directions

Slowly heat the milk with the teabags in the milk.

Once milk is hot, remove the teabags.

Hand blend the milk tea mixture with your vanilla and your date.

Blend until it is smooth and frothy.

This is a great drink to have before bed, or when you are relaxing in the tub or just sitting down for a nice relaxing read.