

Rebecca
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Soothing Lavender Mylk

Creating a relaxing bedtime routine can do wonders for the quality of your sleep.

This gorgeous Soothing Lavender Mylk is packed full of protein to help your body restore and regenerate while you sleep, antioxidants and zinc to boost your immunity, lavender essential oil helps you calm down and relax. It tastes heavenly and within 20 minutes of sipping it you'll be relaxed and ready to sleep soundly.

SEE NEXT PAGE FOR INGREDIENTS AND METHOD

Ingredients

Cashew Mylk

- 2 cups hot filtered water
- 1/4 cup raw cashews soaked for 2 hours
- 1 tbs raw hemp seeds
- Good splodge of vanilla bean extract
- Dash hemp seed oil
- 2 teaspoons raw honey
- 2 – 3 Drops DoTerra Lavender essential oil

Preparation

Thermomix

1. Drain cashews
2. Place filtered water, cashews and hemp seeds in Thermomix and blitz until smooth, thick, creamy and frothy
3. Add vanilla bean extract and raw honey
4. Set Thermomix to 60 degrees on level 4 for approx. 3 minutes
5. Add hemp seed oil and Lavender essential oil
6. Blitz for another 30 seconds to make it extra frothy
7. Warm cups by placing boiling water in them
8. Empty cups, pour in lavender mylk
9. Top with lavender sprigs
10. Sip and savor with lights dimmed and screen free

Preparation

Blender & Saucepan

1. Drain cashews
2. Place filtered water, cashews and hemp seeds in blender and blitz until smooth, thick, creamy and frothy
3. Add vanilla bean extract and raw honey
4. Pour ingredients into saucepan and gently heat until it reaches 60 degrees
5. Add hemp seed oil and Lavender essential oil
6. Blitz for another 30 seconds to make it extra frothy
7. Warm cups by placing boiling water in them
8. Empty cups, pour in lavender mylk
9. Top with lavender sprigs
10. Sip and savor with lights dimmed and screen free

Important notes:

- Always use therapeutic food grade essential oils
- High quality essential oils are potent, use sparingly
- Cooking the oils will reduce the therapeutic qualities of them. For this reason, they are added at the end



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