

Sweet Treat Tea Recipe: “Snowy Serenity Sipper”



Ingredients

- 1 cup oat milk
- 1 cinnamon stick
- 1/2 tsp turmeric
- 1 slice fresh ginger
- 1/2 tsp vanilla
- Maple syrup to taste

Directions

1. Warm all ingredients in a saucepan.
2. Stir gently while whispering a kind affirmation to yourself.
3. Pour into your favorite mug.
4. Sip slowly while wrapped in your favorite winter blanket.
5. Enjoy!

xo, Coach Jo