

3 Cozy Drinks for a Quiet Night

Vanilla Dream Cocoa

YOU'LL NEED

- 1 cup (240 ml) milk of your choice
- 1 tablespoon unsweetened cocoa powder
- 1-2 teaspoons honey or maple syrup, to taste
- ¼ teaspoon vanilla extract
- A small pinch of ground cinnamon

ALL YOU HAVE TO DO

1. Pour the milk into a small saucepan and warm it over low to medium heat.
 2. Whisk in the cocoa powder until smooth and no lumps remain.
 3. Add honey or maple syrup and stir until dissolved.
 4. Remove from the heat and stir in the vanilla extract.
 5. Pour into your favorite mug and finish with a light dusting of cinnamon.
- Cozy Tip: Wrap yourself in a soft blanket, put your phone aside, and enjoy your cocoa slowly.

Moon Milk

YOU'LL NEED

- 1 cup (240 ml) milk of your choice
- 1 teaspoon honey, or to taste
- A small pinch of ground nutmeg
- ¼ teaspoon culinary-grade dried lavender buds, optional

ALL YOU HAVE TO DO

1. Pour the milk into a small saucepan and warm it gently. Avoid bringing it to a boil.
2. If using lavender, add the culinary-grade buds and steep over very low heat for 2–3 minutes.
3. Strain the milk through a fine sieve to remove the lavender buds.
4. Stir in the honey and a small pinch of nutmeg.
5. Pour into a mug and sip while comfortably warm.

Cozy Tip: Keep the lavender subtle. A little goes a long way, and culinary-grade lavender is best for food and drinks.

Choco Chai Fusion

YOU'LL NEED

- $\frac{3}{4}$ cup (180 ml) milk of your choice
- $\frac{1}{4}$ cup (60 ml) strongly brewed chai tea
- 1 tablespoon unsweetened cocoa powder
- 1-2 teaspoons honey, maple syrup, or sugar, to taste
- $\frac{1}{8}$ teaspoon ground cardamom

ALL YOU HAVE TO DO

1. Brew a small cup of strong chai tea and measure out $\frac{1}{4}$ cup.
2. In a small saucepan, whisk the cocoa powder with a splash of milk to form a smooth paste.
3. Add the remaining milk and brewed chai.
4. Stir in the cardamom and sweetener.
5. Warm gently over medium-low heat, stirring until everything is well combined.
6. Pour into a mug and serve warm.

Cozy Tip: Add a tiny pinch of cinnamon for extra warmth, or top with a little milk foam for a café-style finish.

A Little Midnight Reminder

You don't need to finish every task, answer every question, or plan every detail before you deserve a moment of rest.

Choose your favorite brew, find a comfortable spot, and let the day settle.

Tonight, let your cup be warm, your mind unhurried, and your expectations gentle.

Printable note: These recipes are intended as cozy evening drinks, not treatments for sleep or anxiety.

Use food-grade ingredients, and check ingredient labels if you have allergies or dietary restrictions.

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