

ONE BITE

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Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



Iced Blueberry Cardamom MOON MILK

By Kristen Wood

This relaxing Blueberry Moon Milk is delicately spiced with cardamom and served over ice for a refreshing drink perfect for those warmer days and nights. And with the addition of the adaptogen ashwagandha, this Iced Moon Milk is filled to the brim with calming and stress-relieving properties, too!

INGREDIENTS

- 2 cups unsweetened vanilla almond milk
- ¼ cup fresh or frozen blueberries
- 1 ½ tablespoons maple syrup
- 1 teaspoon ashwagandha root powder
- 2 cardamom pods, contents emptied

PREP TIME:
5 Minutes

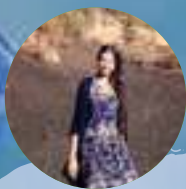
COOK TIME:
0 Minutes

TOTAL TIME:
5 Minutes

YIELDS:
approx. 2 cups
moon milk,
4 servings *

* amount of servings depends on how much ice is used in each glass, as well as the size of the glasses!





Kristen Wood —

Kristen is the creator of *Moon, Spoon and Yum!* and is a mama, photographer and recipe developer based in Flagstaff, Arizona. A vegetarian since the age of eight, she adopted a gluten-free diet in 2013 after seeing tremendous health improvements after doing so. Kristen enjoys the creative and intuitive side of creating in the kitchen and strives to create well-rounded whole foods-based, refined sugar-free creations that the whole family can enjoy.

Visit her website: moonandspoonandyum.com

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RECIPE NOTES:

- You can use fresh or frozen blueberries for very similar results.
- With the use of a good quality blender, I find straining the blueberries to be unnecessary. And even then, who wouldn't mind a few blueberry bits?
- If you do not have cardamom pods, ¼ teaspoon of ground cardamom can be used.
- For a sugar-free iced moon milk, you can replace the maple syrup with a sugar-free sweetener.
- The ashwagandha can be omitted and this moon milk will still be every bit as tasty! It just

INSTRUCTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and all is a beautiful purplish blue hue.
3. Pour over ice.
4. Enjoy!

will not have all of the calming powers and health benefits. But still delicious (and good for you!).

- This blueberry moon milk tastes great with any non-dairy milk of your choice. Though, I highly recommend coconut, almond and cashew!

- Not a fan of iced drinks? For a warm blueberry cardamom moon milk, simply blend and then heat over medium-low heat until warmed through.

- You can store this moon milk in a lidded jar or container in the fridge for up to one week before serving over ice.