

ONE BITE

onebitevegan.com

Vegan Magazine

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VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

>> in Malawi <<

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

+ WFPB RECIPES

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

WIN A COPY of the 'WEEKNIGHT ONE POT VEGAN COOKING' COOKBOOK

Cosmic Ginger Rose Activated Charcoal Latte (Vegan, Gluten-Free)

INGREDIENTS

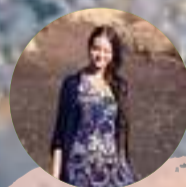
- 2 cups plant-based milk of choice (I use almond)
- 2 teaspoons maple syrup
- 1 teaspoon activated charcoal powder
- 1 teaspoon rose petals
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cayenne
- ⅛ teaspoon himalayan pink salt, rose salt, or sea salt

By Kristen - Moon and Spoon and Yum

Super detoxifying, delicious and easy Vegan Cosmic Ginger Rose Activated Charcoal Latte!

INSTRUCTIONS

1. In a saucepan over medium-low heat combine all of the above ingredients.
2. Whisk until frothy and warmed throughout.
3. Cover and set aside for a few minutes to allow the rose petals to steep and infuse their flavor.
4. Optionally, pour the charcoal brew through a strainer to strain the rose petals before serving or keep in your cup if you enjoy their taste/texture (I do)!
5. Sprinkle with rose petals and ginger powder for a cosmic galaxy effect before serving to wow your guests, or yourself.
6. Enjoy!



Kristen Wood —

Kristen Wood is the blogger behind moonandspoonandyum.com. Her blog is focused around whole foods-based, refined sugar-free, gluten-free vegetarian and vegan recipes that the whole family will enjoy.

Visit her website: moonandspoonandyum.com

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