

# ONE BITE

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Vegan Magazine

Jan / Feb 2020

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to RECOVER YOUR HEALTH

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» in Malawi «

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

## INGREDIENTS

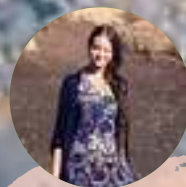
- 2 cups plant-based milk of choice (I use almond)
- 2 teaspoons maple syrup
- 1 teaspoon activated charcoal powder
- 1 teaspoon rose petals
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cayenne
- ⅛ teaspoon himalayan pink salt, rose salt, or sea salt

## 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!

By Kristen - Moon and Spoon and Yum

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



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](http://moonandspoonandyum.com)

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