

## **BLUE MOON MILK**

*(slightly modified from [Love and Olive Oil](#))*

1 cup almond milk (or any milk you prefer)  
2 teaspoons honey  
1 teaspoon butterfly pea flower powder (or adjust according to preference)  
1/4 teaspoon ground cinnamon  
pinch freshly ground nutmeg

In a small saucepan set over medium-low heat, whisk together milk with honey, butterfly pea powder, and spices until powder is dissolved and milk is warm but not yet simmering.

Whisk to create a fine froth using either a wire whisk, a milk-frother, or an immersion blender.

Pour into warm mug, enjoy!