

# Golden Sleep Tonic

This powerful golden sleep tonic will help you get to sleep.

1 serving

12 ounces coconut milk, almond milk or combination

1 tablespoon [Gia Golden Milk Powder](#) or

(2 teaspoons turmeric powder and 1/8 teaspoon black pepper)

1 teaspoon of ghee

1 teaspoon of organic (raw) honey

2 tablespoons collagen

1/8 teaspoon Himalayan pink salt

1/8 teaspoon of Ceylon cinnamon

- Put all ingredients into a pot.
- Heat over medium, stirring the until all ingredients are blended, melted, and warm.
- Use an electric [milk frother](#) or blend in a blender for a latte consistency.