THE LIGHTER PLATE METHOD

Warm Almond & Cinnamon Milk

A quiet, comforting bedtime drink with warm baking spices.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
2 min	**4 min**	**6 min**	**2**	**EASY**

Ingredients

- 500 ml almond milk
- 1 tsp ground cinnamon
- 0.5 tsp vanilla extract
- 2 tsp honey
- grating of nutmeg

Method

1. Warm the almond milk with the cinnamon in a small pan over a medium-low heat for 3–4 minutes, until steaming.
2. Do not let it boil, or it can split and catch on the base of the pan.
3. Take off the heat and stir in the vanilla and honey.
4. Pour into two mugs and grate a little nutmeg over each.

Tips & swaps

- Whisk it as it warms and you will get a thin layer of foam on top. Unsweetened almond milk gives you control over how sweet it ends up.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
70	**1g**	**10g**	**3g**	**1g**

Estimated values, for guidance only. Contains: Tree nuts (almonds).