



# Kava Milkshake

Kava is an incredible herb found primarily in the western Pacific islands, where it is used to calm the body, ease muscle tension, and promote relaxation. After just one sip of this deliciously decadent kava milkshake, I begin to feel my shoulders relax and tension ebb.

## Ingredients:

- 1 teaspoon high-quality kava root
- 8 ounces almond, soy, coconut, or dairy milk
- 1 to 2 teaspoon dark chocolate, shaved
- 1 to 2 teaspoon raw sugar (flavor to taste)
- ½ teaspoon vanilla extract
- ½ cup ice cubes

## Directions:

Simmer kava root in 8 ounces of almond, soy, coconut, or dairy milk on low heat, covered, for five minutes. Turn off heat and steep for another 5 minutes. Strain. Let cool. Pour into a blender and add shaved dark chocolate, raw sugar, vanilla extract, and ice cubes. Blend well and enjoy as an occasional treat.

**Note:** There have been concerns about the safety of using kava when taken daily for more than several weeks, but it is quite safe for occasional use. Kava should not be consumed during pregnancy or while breastfeeding, or for children under the age of 12.