

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Blue Unicorn Tea

1 cup unsweetened almond milk  
1 tbsp pure honey  
1 tsp butterfly pea flower powder  
¼ tsp ground cinnamon  
Pinch freshly ground nutmeg  
Pinch of cloves

Put all the ingredients into a heavy bottomed pot and whisk to make sure the honey is dissolved. Do not let it boil. Just before it boils, turn off the heat and whisk vigorously to create a froth or froth it with a hand held frother. Serve an hour before bed to calm your mind

Makes 1 cup of tea.



Recipe courtesy of Chef Collin Goodine  
Photograph courtesy of [www.DailyHive.com](http://www.DailyHive.com)  
[www.chefgoodine.com](http://www.chefgoodine.com)  
Episode 27: Chef Collin Goodine, The Healthy Chef

Email Lynn with questions or comments at  
[lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

**Because What You Put In Your Body Matters!**