A glass of blueberry smoothie with berries and candles

AI-generated content may be incorrect.**Midnight Zen🌙**

**💬** “In the quietest hours, your soul finds rest.”  
**When to sip:** Before bed, during late-night journaling, post-meditation.

**🥗 Ingredients:**

* 1 cup brewed and cooled chamomile tea
* 1–2 Medjool dates (pitted) or ¼ cup dried figs
* 1 tbsp almond butter
* ½ tsp vanilla extract

**🛠 Instructions:**

1. Brew chamomile tea and chill it completely.
2. Pit dates and soak them in warm water for 10 mins (if firm).
3. Add tea, soaked dates, almond butter, and vanilla to blender.
4. Blend until smooth and dreamy.
5. Sip under soft lights and breathe deeply.

**🌱 Substitutions & Pairings:** Tahini instead of almond butter. Great with a square of dark chocolate.

**📚 Fun Fact:** Chamomile may improve sleep quality and reduce anxiety.