

TURMERIC GOLDEN MILK



Makes: 2 cups

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Ingredients

2 ½ cups *unsweetened and full-fat almond, coconut milk or milk of your choice*

1 stick *cinnamon* or ¼ teaspoon *ground cinnamon* and more as garnish at the end

2 *cardamom pods* bruised or ¼ teaspoon *ground cardamom*

2 inches *fresh turmeric* sliced or 1 ½ teaspoon *ground turmeric*

1-inch *fresh ginger* sliced or ½ teaspoon *ground ginger*

1 tablespoon *coconut oil*

Pinch of *black pepper*

1 tablespoon *maple syrup or honey* or more to taste

Instructions

Place milk, cinnamon stick, turmeric, ginger, coconut oil, and black pepper in a small saucepan.

Cook, stirring frequently, until warm but not boiling.

Give it a taste and add in your sweetener.

If you used fresh turmeric and ginger and cardamom pods, strain the liquid into your cups, or divide it into two mugs.

Sprinkle with ground cinnamon. Serve and Enjoy!