

Recipe Card



Golden Milk

Recipe by Clark, C. (2017). Bijoux and Bits.

Retrieved from: <https://www.bijouxandbits.com/2017/01/golden-milk-recipe-turmeric-tea/>

Ingredients:

1 cup non-dairy milk (I used almond milk)
1/2 tsp dried turmeric
1/4 tsp ground ginger
1/4 tsp allspice
1 Tbsp honey (or maple syrup)
1/2 tsp ghee or coconut oil
Small pinch of black pepper
1 cup water
Cinnamon, for topping

Directions:

1. Whisk milk, spices, honey, coconut oil or ghee, and water in a small saucepan and bring to a low boil. Reduce heat and simmer about 5 minutes.
2. Pour into a mug and top with a dash of cinnamon.
3. Alternate super easy 2-minute recipe:
4. Mix 8 oz brewed chai tea with 1/2 tsp dried turmeric, 1/4 tsp ground ginger, tiny pinch of black pepper, a dollop of milk and enjoy. Whiz it up with a cheap milk frother (like this!) for extra texture.

<http://www.healthiestbest.com/quick-and-healthy-meals>