



Golden Milk
serves 2

Golden milk is a combination of ginger and turmeric in some type of nut milk. This version gets a little sweetness and flavor from the addition of cinnamon. A pinch of black pepper helps the body to absorb the turmeric. Turmeric is an anti-inflammatory powerhouse and ginger is key for digestion, making this delicious warm drink tasty and full of health benefits!

3 cups dairy-free milk (coconut is preferred)
1 ½ tsp ground turmeric
2 tbsp fresh ginger- ground with a microplane or very finely minced,
Or ¼ tsp dried ground ginger
¼ tsp ground cinnamon
1 pinch black pepper
Sweetener to taste (stevia, maple syrup or honey)

Add all ingredients to a small saucepan set on medium heat. Bring up to a simmer, stirring or whisking to combine. Give the mixture a taste and adjust sweetener or spices to your preference. When the mixture has warmed thoroughly, pour into mugs (over a fine mesh strainer if using fresh ginger) and garnish with a dash of cinnamon.

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