

## Golden Milk

Whenever possible, use organic ingredients.

- 2 cups unsweetened almond or coconut milk (recommend avoiding dairy and soy)
  - ½ –1 teaspoon ground turmeric
  - pinch of ground black pepper
  - 1 tablespoon coconut oil
  - ½ teaspoon cinnamon (True Cinnamon preferred over Cassia for heart health benefits)
  - If desired, add ¼ teaspoon each, of ground ginger and ground nutmeg and a pinch of cardamom
  - Sweeten to taste. Try 1 teaspoon maple syrup or raw honey (don't give raw honey to children)
1. In a medium pot, mix turmeric, pepper, optional spices and coconut oil into a roux or paste.
  2. Add milk a bit at a time and heat over medium heat, stirring constantly.
  3. Stir until mixture is hot and ingredients are well combined. Do not boil.
  4. Add your choice of sweetener (recommend maple syrup or raw honey)
  5. Either mix in the cinnamon or top individual serving cups with cinnamon.

Makes 2 cups

Recommend it in the evening before bed.