

## Golden Milk

This yummy yellow beverage does far more than warm you up on a cold day, its a great way to get in your daily dose of tumeric which is a root with many health benefits. These benefits include immune boosting, anti-inflammatory and anti-oxidant actions.



### **Ingredients:**

- 1 cup of coconut cream with 1 cups of water, or, 3 cups of coconut milk
- 1 tsp Tumeric
- 1 tsp cinnamon
- 1 tsp honey
- 1/4 tsp ground ginger powder, or, small piece of fresh grated ginger
- pinch of black pepper
- pinch of cayenne (optional)
- Optional: pinch of nutmeg, cloves, or allspice to taste. Add a 1/2 garlic clove, or a few pieces of onion for additional cold and flu busting power.

**Directions:** Drink 1 cup daily.

There are a few ways to prepare this and make it easily accesible for daily use.

### **Option one:**

- Blend all ingredients in a high speed blender until smooth
- Pour into a small sauce pan and then heat on low-medium heat until hot but not boiling
- Drink immediately

**Option two:** For this option feel free to combine 1 weeks worth of ingredients.

- Combine all dry ingredients and mix thoroughly. Add honey and ginger, combine. Set aside in fridge.
- Add 1 - 1.5 Tbsp of dry mixture to 1 cup of coconut milk, or 1/2 cup coconut cream and 1/2 cup water, and heat mixture in a small sauce pan and heat on low-medium heat until hot but not boiling.
- Enjoy immediately.