
– Golden Milk –

This recipe is made in two part: the Turmeric Paste and the actual Golden Milk.

Ingredients for Turmeric Paste

- ¼ c. turmeric powder
- ¼ tsp. black pepper powder
- ½ c. water

Directions to make Turmeric Paste

Combine the turmeric powder and water in a small saucepan. Bring to a boil and allow to cook over low or medium heat until it forms a thick paste (when almost all of the water has been cooked off). This can be stored in the refrigerator.



Ingredients for Golden Milk

- ¼ tsp. turmeric paste (above)
- 1 c. whole cow's milk (you may substitute nut or seed milk)
- 1 tsp raw almond oil (or other vegetable oil)
- maple syrup to taste (optional)

Directions to make Golden Milk

For each cup of Golden Milk, blend together in a saucepan the above ingredients.

Stir continuously over low heat, and bring the milk just to the boiling point (~180°). You may transfer the mixture to a blender to foam the Golden Milk, or you may simply drink it as it.

Sprinkle a little cinnamon and/or nutmeg on top for an added kick.



NOTE: You will have left-over Turmeric Paste. You can make more Golden Milk, you can add it to anything else you cook, you can take ¼–½ tsp of it daily, or you can add it hot tea. Turmeric is a wonderful anti-inflammatory herb.



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