

Golden Milk

Golden Milk is a highly nutritious, nourishing and soothing beverage. You can enjoy it cold or warm. The antioxidants and anti-inflammatories found in the spices make this a functional food to propel you to optimal wellness.

Ingredients

This makes 1 serving. Make 2-3 times this recipe so that you have it available readily.

1 cup milk (any type; canned coconut milk is our personal favorite for a rich and satiating drink; cow's milk, unsweetened almond milk and unsweetened cashew milk are also good options)

1 inch piece fresh ginger root

1 teaspoon ground turmeric powder

1 teaspoon cinnamon

A sprinkle of black pepper



Method

1. Place ingredients into the blender.
2. Blend until smooth.
3. Serve cold or warm.