

Golden Milk

Nutritious and very healthy milk with turmeric is recommended not only for adults but also for children. You can make a paste of turmeric and add it to hot milk every day. The drink is served warm: not hot and not cold. If you are preparing it for children, do not forget to mix some flower honey into the milk. The main thing is to get a sweet spice, not a bitter one.



- 1 cup unsweetened non-dairy milk, preferably coconut milk beverage or almond milk

- 1 (3-inch) cinnamon stick
- 1 (1-inch) piece turmeric, unpeeled, thinly sliced, or 1/2 teaspoon dried turmeric
- 1 (1/2-inch) piece ginger, unpeeled, thinly sliced
- 1 tablespoon honey
- 1 tablespoon virgin coconut oil
- 1/4 teaspoon whole black peppercorns
- Ground cinnamon (for serving)

Directions

1. Whisk coconut milk, cinnamon, turmeric, ginger, honey, coconut oil, and peppercorns in a small saucepan
2. Bring to a low boil.
3. Reduce heat and simmer until flavors have melded about 10 minutes.
4. Strain through a fine-mesh sieve into mugs and top with a dash of cinnamon.