

Golden Milk



If you're like me, you enjoy anything that's warm in the cold winter months. This drink is incredibly creamy and a great treat to mix things up. Not to mention the crazy health benefits of all the spices... mmmmmm.

Ingredients:

- 2 cups non-dairy milk of your choice (I use homemade sprouted almond milk)
- 1 tbsp coconut oil
- 1 heaping tsp ground turmeric
- 1 tsp of honey (or sweetener of choice)
- 1/4 tsp freshly grated ginger
- 2 cinnamon sticks
- pinch of black pepper

Directions:

Heat all ingredients (except honey) in a sauce pan over medium-low heat until comes to just under a boil (stirring often). Allow to simmer on low for 20-30 minutes. Remove from heat. Remove cinnamon sticks and whip with milk frother, immersion blender, or have as is. If you've got chunks of ginger and other spices, you may want to strain before serving. Top with a small sprinkle of cinnamon and add honey to taste. Enjoy!

Variation:

Place all ingredients in high speed blender (instead of

cinnamon sticks, just use about 1/2 tsp ground cinnamon). The coconut oil will make it smooth and frothy!