

Golden Milk

Turmeric, let me count the ways....Curcumin from turmeric has been shown to help manage oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise-induced inflammation and muscle soreness, thus aiding recovery and performance in active people.

Ingredients

GOLDEN MILK POWDER

2 Tablespoons ground turmeric

2 teaspoon ground ginger

1 teaspoon ground cinnamon

¼ teaspoon ground black pepper

¼ teaspoon ground cardamom

¼ teaspoon ground cloves

¼ teaspoon ground nutmeg

¼ teaspoon ground star anise or five spice powder

¼ teaspoon ground coriander

TO MAKE GOLDEN MILK

1 cup milk (nut, seed, coconut, oat, pasture-raised cow, goat...) per serving

1 teaspoon coconut oil per serving

¼ teaspoon maple syrup or to taste (optional) per serving

Method

Mix all the spices well in a glass or stainless steel container so the turmeric does not stain.

Add 1/2-1 teaspoon golden milk powder and 1 teaspoon coconut oil for each cup of milk and heat to just below simmer for 4-5 minutes.

Pour into mugs and add maple syrup to taste if you like. Savor it in belly-comforting sips.

Notes



Golden Milk powder may be added to morning porridge, smoothies, curries, soups or stews. It lends a warming burst to many foods.

Source: Sarah Britton, <https://www.mynewroots.org/site/2017/12/big-batch-golden-milk/> (Yield: 3.5 Tablespoon powder, enough for 10-20 servings)
