

GOLDEN MILK

RECIPE

INGREDIENTS :

1 CUP WATER

1/4 CUP TURMERIC

1 cup rice/almond or other milk or choice

1/4 tsp cinnamon or to taste

DIRECTIONS:

Bring the water to a simmer and add the turmeric

Stir until mixture is combined and let simmer for 5-10 minutes or until it becomes a paste
BE CAREFUL NOT TO LET IT BURN

Warm the milk and add approximately 1/4 to 1/2 tsp turmeric paste and allow to dissolve
Add cinnamon and serve warm or cold.

Turmeric paste can be stored in a sealed container in the refrigerator for up to 1 month

BENEFITS : anti-inflammatory, antiseptic, anti cancer, anti-bacterial and lots more!!

