

Golden Milk

Warm up with this Golden Milk recipe! Turmeric gives the beautiful golden color while also providing some health benefits! Turmeric contains curcumin which is an antioxidant and has anti-inflammatory effects. Enjoy this warm, comforting, and low-sugar beverage!

Ingredients

Makes 1 serving

- 1 cup (8 oz) of unsweetened plant-based milk (coconut milk is recommended), warmed
- 1 tsp of ground turmeric
- 1 tsp of ground ginger
- 1 pinch of ground black pepper
- ½ - 1 tsp of your choice of sweetener (coconut sugar, stevia, agave, etc.)

Directions

1. Mix with a spoon or a whisk to combine.
2. Top with extra turmeric or ginger.

