

Golden milk

As seen on CakeSpy.com

Makes 1 serving (can be doubled, tripled, etc)

- 1/4 teaspoon turmeric (original recipe calls for 1/8 but I found 1/4 was really not too much)
- 1/2 cup water
- 1 cup milk (whatever kind you like)
- honey, to taste

Procedure

1. In a saucepan, bring the turmeric and water to a boil. Reduce to a simmer; let simmer for 8 minutes.
2. Add the milk, and continue heating until the milk is as warm as you'd like. Add honey to taste.
3. Serve warm.