

Turmeric Milk

(aka: Golden Milk or Turmeric Tea)

A warm, soothing drink before bed or any time of the day, turmeric milk is a relaxing drink that boosts the immune system.



Turmeric Paste

1/2 cup organic turmeric powder
1/2 cup water
1 1/2 teaspoon black pepper
5 tablespoons virgin coconut oil

In a stainless steel sauce pan cook together water, turmeric and black pepper until it forms a thick paste. Stir for 7 to 10 minutes. Remove from heat and add virgin coconut oil. Use a fork or whisk to fully incorporate the coconut oil.

Transfer to a glass jar with a lid and store in the refrigerator.

Turmeric Milk

1 teaspoon turmeric paste
2 cups coconut milk, or other milk of your choosing
dash of cinnamon
dash of cayenne pepper (optional)

In a stainless steel sauce pan, gently heat the milk and turmeric paste. Do not boil. Add cinnamon and cayenne to taste.