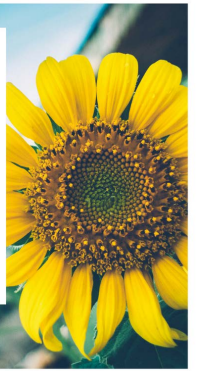


Turmeric Golden Milk



Turmeric Golden Milk is calming for the mind and healing to the body. With all of the heating spices added, Golden Milk is a way to increase the digestion and the circulation. A few other health properties of Golden Milk include: strengthens the bones, beneficial for anemia, increases immunity and vitality, cleanses the blood and beautifies the complexion. I recommend having this drink before bedtime to enhance a sound night of sleep.

Step 1: Turmeric Paste: Ingredients:

- 1/4 cup of turmeric powder
- 1/2 teaspoon of ground pepper
- 1/2 cup of filtered water
- Large pinch of ground ginger, cinnamon, nutmeg and cardamom powder. (Add these heating spices for Vata and Kapha, but spices in moderation for Pitta)



Directions: Mix all ingredients in a small sauce pan and mix well. Turn the heat to medium high and stir constantly until the mixture is a thick paste. This does not take long so don't walk away from the pan. Let this mixture cool and then keep it in a glass jar in the fridge for up to two weeks.

Step 2: Golden Milk Ingredients:

- 1 cup of coconut/hemp/almond milk
- 1 teaspoon coconut oil (optional)
- 1/4 teaspoon or more of turmeric paste
- Honey or maple syrup (maple syrup less heating for Pitta)

Directions: Combine all the ingredients, except honey/maple syrup in a saucepan. Turn the heat to medium. While heating make sure to stir constantly and do not allow the mixture to boil. Add natural sweetener to taste.