



## **Golden Milk / Turmeric Milk**

***Loaded with antioxidants, helps reduce inflammation and joint aches, has an abundance of antibacterial properties.***

*The ingredients used to make golden milk have many antibacterial and antiviral properties which may help protect your body from infections.*

*The antioxidant and anti-inflammatory properties will help strengthen your immune system*

### **For one cup or a single serving of golden milk**

#### **Ingredients**

- ½ cup or 120 ml of any unsweetened milk of your choice (you can use fresh milk or a plant-based milk that you prefer)
- 1 tsp turmeric powder
- 1 tsp sized piece of grated fresh ginger (you can also use ½ tsp ginger powder as an alternative)
- 1 tsp honey or maple or agave syrup

#### **Optional**

- ½ tsp cinnamon powder
- 1 pinch of ground black pepper

#### **To make the juice**

- Place all the ingredients together in a small saucepan and bring to a boil. Reduce the heat and simmer on low heat for about 8-10 minutes or until you find the mix fragrant and flavourful
- Remove from the heat and strain the drink through a fine strainer
- Pour into mugs, add a pinch of cinnamon if you wish to and enjoy while the drink is still hot.

**This can be made in advance and stored in your fridge for 2-3 days. Just reheat over stove top or in the microwave before drinking.**