

Golden Milk

SIMPLE RECIPE

Ingredients

- 1 1/2 cups of whole milk, preferably organic, without added preservatives
- 1 1/2 tsp ground turmeric (turmeric powder)
- 1/4 tsp ground ginger (ginger powder)
- 1 whole cinnamon stick (or 1/4 tsp of ground cinnamon)
- 1/8 teaspoon ground cardamom, or 2-3 cardamom pods, crushed (optional)
- 1 tbsp ghee
- 1 pinch ground black pepper
- 1 tbsp sweetener of choice (i.e. maple syrup, honey or jaggery)



Directions

1. Warm milk in a small saucepan over low heat. Add turmeric, ginger, cinnamon, black pepper, and cardamom (if using). Stir until well combined. If you are new to turmeric, start with a lower quantity and gradually increase as you develop a taste for it.
2. Bring the mixture to a simmer, but do not boil. Allow simmering for 5-10 minutes, stirring occasionally, until smooth, hot, fragrant, and flavorful.
3. Remove the saucepan from the heat. Strain the golden milk over a fine-mesh sieve into your favorite mug. Discard the solids. When slightly cooled, stir the ghee (or coconut oil) and sweetener of your choice (if using) into the milk. If you use honey as a sweetener, make sure that you don't heat honey: heated honey is considered toxic in Ayurveda.
4. Drink while it is still warm.
5. Enjoy Golden Milk either in the morning or at night before going to bed. It is also a great beverage to enjoy along with friends and guests, especially on those cold winter evenings.