

Golden Milk

Recipe courtesy of Brendan Penwarden

This delicious adaptation of the Ayurvedic recipe provides lots of turmeric and increases absorption with quality fat and a good dose of piperine from black pepper.

Ingredients for turmeric paste:

- ½ cup turmeric powder
- 1 cup of water
- 1 tbsp coconut oil/ghee/butter

Method:

1. Mix turmeric powder with water and bring to a low simmer. Keep an eye on it, it can boil over quickly.
2. Add your choice of fat, stir for 8 – 10 minutes and add extra water as required. The final consistency should be a soft paste

This is your turmeric paste that you can keep in a glass container in the fridge for up to 2 weeks.

Make Golden Milk

Ingredients for 1 cup:

- 1 tsp turmeric paste
- 1 tsp cinnamon powder
- ½ tsp fresh or powdered ginger
- 1 – 2 whole cloves
- ½ tsp freshly cracked black pepper
- 1 cup of milk (any type)

Method:

Place turmeric paste, cinnamon, ginger, cloves and pepper in saucepan and mix well. Pour in milk and bring to a low simmer. Continue to stir for a few minutes. Dissolve in a teaspoon of honey to sweeten and enjoy.