

Golden Milk



Ingredients:

1/8 tsp Turmeric

1/4 cup Water

8 oz Milk

2 Tbsp Almond Oil

Honey or Maple Syrup to taste

Instructions:

Place water and turmeric in a small sauce pan and bring to a boil, stirring to a paste for 8 minutes.

Place milk and almond oil in a separate sauce pan and heat until the milk just comes to a boil, then remove from heat.

Add the turmeric paste to the milk and stir until the milk becomes completely yellow.

Add honey or maple syrup to taste.

Drink Warm.