

Golden Milk

Serving size: 2 cup; makes 2 servings

Prep time: 1 minutes

Cook time: 4 minutes

Total time: 5 minutes

Ingredients

- 2 cups unsweetened almond milk (or coconut or soymilk)
- 1 Tbsp virgin coconut oil
- 1/2 Tbsp fresh ginger, grated - or 1/8 teaspoon ground
- 1 Tbsp fresh turmeric, grated - or 1/4 teaspoon ground
- 1/2 tsp Ground Cinnamon, plus additional for serving
- Sweetener of choice: stevia, about 2 tsp honey, or maple syrup
- 3-4 black peppercorns (optional?)
- 1/2 teaspoon pure vanilla extract (optional?)
- Optional (ground cardamom, or ground cloves)



Preparation

1. Whisk milk, cinnamon, turmeric, ginger, honey, coconut oil, and peppercorns in a small saucepan; bring to a low boil. Reduce heat and simmer until flavors have melded, about 10 minutes.
2. Strain into mugs and top with a dash of cinnamon.

Nutritional Information

Per serving

Calories: 111, Total Fat: 8g, Saturated Fat: 6g, Cholesterol: 0mg

Total Carbohydrate: 9g, Dietary Fiber: 1g, Sugar: 7g

Protein: 3g, Sodium: 48mg, Potassium: 141mg

Adjusted from: <https://minimalistbaker.com>