



Golden Milk

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

1 cup of organic whole or alternative milk (except flaxseed milk)
1 tsp of turmeric
1 tsp of crushed cardamom pods
Pinch of black pepper
Pinch of nutmeg
Pinch of Saffron
Date syrup or Rose Jam

Instructions

- Boil:** Boil milk until bubbling. Continue to stir to avoid burning on bottom of pot.
- Season:** Add turmeric, black pepper, nutmeg, cardamom, and saffron.
- Stir & Cook:** Continue stirring seasoning in and bring to a rolling boil.
- Cool:** Allow to cool, occasionally stirring.
- Sweeten:** Using either Rose Jam or Date Syrup to sweeten.
- Serve:** Serve warm

Tips and Variations

Rose Jam is used to support mood and have a calming effect, whereas Date Syrup increases immunity and iron.

