

Golden Milk



Time: 10 minutes

Serves: 2

Ingredients: 1 cup unsweetened non-dairy milk, preferably coconut or almond milk
½ cup water
½ teaspoon ground cinnamon
¼ teaspoon ground cardamom
½ teaspoon dried turmeric
½ teaspoon dried ginger
1 tablespoon honey (do not cook)
1 tablespoon virgin coconut oil or ghee
¼ teaspoon whole black peppercorns

Directions:

1. Whisk coconut milk, cinnamon, turmeric, ginger, coconut oil (or ghee), and peppercorns in a small pan.
2. Bring to a low boil.
3. Reduce heat and simmer until flavors have melded, about 10 minutes.
4. Remove from heat, let cool until warm (not hot) and add honey.

Note: Golden milk can be stored in an airtight container in the refrigerator for two days. Warm before serving. (Do not boil mixture when reheating in order to prevent cooking the honey. Honey should never be heated above 104 degrees F to prevent it from undergoing a negative chemical change and becoming toxic.)