

# Golden Milk

PREP TIME: 5 MIN

COOK TIME: 5 MINS

YIELDS: 2 CUPS

## Ingredients

2 cups milk, any

1 tablespoon turmeric, chopped

1/8 teaspoon vanilla extract

## Qualities

Texture: Liquid

Rating for Scent: 4/10

Spice Level: 2/10

## Recipe Benefits

- Anti-Inflammatory
- Hydrating
- Promotes Gut Health

## Nutrition Content for 1 cup

Calories: 158kcal

Fat: 8g

Fiber: 0g

Sodium: 94mg

Carbohydrates: 13g

Protein: 8g

Added sugar: 0g



Drink • Add to coffee/tea • Make a popsicle

## Directions

1. Combine all ingredients together in a small pot or kettle.
2. Bring mixture to a simmer for 5 minutes.
3. Strain mixture, then transfer to storage bottle/pitcher.
4. Place in the refrigerator to chill.



## Chef Tips/Adjustments

- Perfect addition to hot tea or coffee; unless drinking at bedtime or when trying to induce sleep.
- Other optional ingredients include ginger, clove, cardamom, or peppercorns.
- Ground ingredients can be used but will not be as flavorful and may have difficulty mixing well.
- Any milk can be used for this recipe, but milks that are higher in fat (versus skim) taste best.
- 1/8 tsp vanilla bean scrapings can be used in place of vanilla extract