



Winter Warmer: 'Golden Milk'

Golden milk is a traditional Indian drink that people make with turmeric, which gives it a yellow or gold hue. People also call golden milk "turmeric milk." (Curcumin is the active compound in turmeric that provides all the benefits below as well as the spices used)

BENEFITS: Reduces inflammation, boosts mood, supports brain function, aids digestion, builds bone strength, may aid in lowering blood sugar levels, risk of cancer and risk of heart disease.

INGREDIENTS PER MUG

- 2 tsp turmeric
- Pinch cinnamon
- Pinch ginger
- Pinch black pepper
- Pinch nutmeg / mixed spice
- 100ml of oat / almond / hazelnut / coconut / cashew milk

OPTIONAL

- If your making a sauce pan for a few toss in ½ star anise and let it simmer.
- 1tsp of good quality honey

METHOD

- Add all your ingredients into a sauce and heat gently. Use a whisk to ensure all is dissolved.



TURMERIC LATTE MIX (PUKKA / SHINE brands) IS ALSO A GOOD OPTION

- (this usually contains MACA powder and is known for energy boosting and hormone regulating properties)
- Add 2tsp to your no dairy milk in a saucepan, heat and enjoy!