



# Golden Milk

Makes 2 servings

This warm beverage comes from Ayurveda, the ancient Indian medical system, which is based on ancient writings that rely on a “natural” and holistic approach to physical and mental health. The key ingredient is turmeric, which grows as a bright yellowish orange root that looks like fresh ginger, but smaller. The curcumin found in turmeric is a powerhouse anti-inflammatory agent; it’s widely available as a gel cap supplement. The rest of the ingredients are mostly for flavor, but ginger is good for digestion and the others may have additional benefits.

I used pumpkin pie spice as a convenience, but you can substitute ½ tsp cinnamon, ¼ tsp ginger, and ¼ tsp cloves, if you have those in your pantry. Whether you believe in the health benefits or not, any non-caffeinated, delicious warm beverage in the evening can help you sleep well.

Ingredients	Directions
<p>3 C plant-based milk 2 tsp ground turmeric 1/8 tsp ground cardamom Pinch ground black pepper 1 tsp pumpkin pie spice 1 tsp vanilla 1 tsp coconut oil 1 TBSP sweetener (honey, agave, maple syrup) or non-calorie sweetener of your choice</p>	<ol style="list-style-type: none"><li>1. In a small saucepan over medium heat, combine a little bit of the milk with the powdered spices. Whisk to combine thoroughly until there are no lumps.</li><li>2. Add the rest of the milk, vanilla &amp; coconut oil. Whisk again.</li><li>3. Whisk frequently and heat until small bubbles begin to form around the edges of the milk and steam begins to rise. Remove from heat and whisk in sweetener.</li><li>4. Pour into a mug and enjoy.</li></ol>

