

# GOLDEN MILK

*Recipe courtesy of Brendan Penwarden*

This delicious adaptation of the Ayurvedic recipe provides lots of turmeric and increases absorption with quality fat and a good dose of piperine from black pepper.

## INGREDIENTS FOR TURMERIC PASTE:

- ½ cup turmeric powder
- 1 cup of water
- 1 tbsp coconut oil/ghee/butter

## METHOD:

Mix turmeric powder with water and bring to a low simmer. Keep an eye on it, it can boil over quickly. Add your choice of fat, stir for 8 – 10 minutes and add extra water as required. The final consistency should be a soft paste.

This is your turmeric paste that you can keep in a glass container in the fridge for up to 2 weeks.

## MAKE GOLDEN MILK

- Ingredients for 1 cup:
  - 1 tsp turmeric paste
  - 1 tsp cinnamon powder
  - ½ tsp fresh or powdered ginger
  - 1 – 2 whole cloves
  - ½ tsp freshly cracked black pepper
  - 1 cup of milk (any type)

## METHOD

- Place turmeric paste, cinnamon, ginger, cloves and pepper in saucepan and mix well. Pour in milk
- and bring to a low simmer. Continue to stir for a few minutes. Dissolve in a teaspoon of honey to
- sweeten and enjoy!

*Elizma Lambert*  
CONNECTING THE DOTS