Golden Milk

Ingredients
1 cup unsweetened non-dairy milk of choice
1 ea cinnamon stick
1 inch turmeric, unpeeled, thinly sliced or 1 tsp dry
1 1/2 inch ginger, unpeeled, thinly sliced or 1 tsp dry
1 tbsp maple syrup
1 cup water
1/4 tsp whole black peppercorns
Garnish with ground cinnamon

Instructions
1. In a small pot on medium heat, whisk milk, cinnamon, turmeric, ginger, maple syrup, peppercorns, and water. Bring to a simmer.
2. Reduce heat to low and simmer 10 minutes.
3. Strain into mugs and garnish with a dash of ground cinnamon. Use within 5 days.

Yields: 1 cup
Equipment: small pot, whisk, strainer

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Why We Like This Recipe
This drink tastes more delicious than healthy, with invigorating and anti-inflammatory turmeric mellowed out with your milk of choice.

Chef’s Notes:
• Some selection of a milk is very important for the taste of this recipe, don’t skip this step! Taste and adjust flavors to your liking.

Nutrition Notes:
• Turmeric and ginger both have anti-inflammatory benefits. Ginger is beneficial for gut health and may help relieve nausea and bloating.

Gardener’s Notes:
• Curcuma longa (Turmeric,) the “Golden Spice” or “Spice of Life” was associated with the Sun. It is derived from the underground rhizome of the 3’ tall plant and is native to southern India.
• Turmeric has a long history of use as a yellow dye, as a spice - especially in Indian dishes, in cosmetics and is know for its medicinal benefits.