

Golden Milk

Culinary Medicine, Nutrition Services

Yields: 1 cup

Equipment: small pot, whisk, strainer

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.



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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.



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