

Dairy Free Golden Milk



Golden Milk (Turmeric Milk) is chock-full of antioxidants and anti-inflammatory compounds. It's a warming relaxing drink to enjoy before bed.

Delicious Nutritious!
By Karrie Billets

Makes 2 servings

Ingredients

- 2 cups coconut milk, almond milk, or another dairy-free milk
- 1 tsp ground turmeric
- pinch black pepper (this absorbs the turmeric)
- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1-2 tbsp raw honey or pure maple syrup (sub pure stevia or monk fruit to taste for sugar-free).

Optional

- ground ginger
- cardamom powder
- Add a splash of coffee to it in the morning
- collagen powder

Add all ingredients to a pot over medium heat using a whisk to combine, and bring to a simmer. Simmer for 5 minutes to let the flavors meld. You can use a frother for a special latte drink. Leftovers can be stored in the frig and warmed up the next day. Pour into a mug and enjoy!



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