



# Golden Milk

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

1 cup of organic whole or  
alternative milk (except  
flaxseed milk)  
1 tsp of turmeric  
1 tsp of crushed cardamom pods  
Pinch of black pepper  
Pinch of nutmeg  
Pinch of Saffron  
Date syrup or Rose Jam

## Instructions

- **Boil:** Boil milk until bubbling. Continue to stir to avoid burning on bottom of pot.
- **Season:** Add turmeric, black pepper, nutmeg, cardamom, and saffron.
- **Stir & Cook:** Continue stirring seasoning in and bring to a rolling boil.
- **Cool:** Allow to cool, occasionally stirring.
- **Sweeten:** Using either Rose Jam or Date Syrup to sweeten.
- **Serve:** Serve warm

## Tips and Variations

Rose Jam is used to support mood and have a calming effect, whereas Date Syrup increases immunity and iron.

