

Golden Milk



1-2 servings



15 minutes



print

Golden Milk is a highly nutritious Ayurvedic drink for vibrant health and glow.

There are so many ways to enjoy golden milk that it's easy to find a recipe that works for you. While recipes for golden milk can vary from person to person, turmeric is always included. Try this simple Golden Milk recipe next time you want a warm hug in a mug.

INGREDIENTS

REGULAR GOLDEN MILK

- 1 1/2 cups whole milk
- 1 tsp ground turmeric *or to taste
- 1/4 tsp ground ginger
- 1/4 ground cinnamon, or (1 whole stick)
- 1/8 tsp ground cardamom, or 2-3 pods crushed
- 1 Tbsp ghee (clarified butter) or coconut oil
- 1 pinch fresh ground black pepper
- 1 tsp sweetener of choice (maple syrup, honey, etc.)

VEGAN GOLDEN MILK

- 1 1/2 cups coconut, almond, cashew milk, or a try a combination of milks
- 1 tsp ground turmeric *or to taste
- 1/4 tsp ground ginger
- 1/4 ground cinnamon, or (1 whole stick)
- 1/8 tsp ground cardamom, or 2-3 pods crushed
- 1 Tbsp coconut oil
- 1 pinch fresh ground black pepper
- 1 tsp sweetener of choice (maple syrup, honey, etc.)



INSTRUCTIONS

1. Warm milk to a simmer, but not a boil, in a small saucepan over low heat.
2. Add turmeric, ginger, cinnamon, black pepper, and cardamom (if using). Stir until well combined. ** If you are new to turmeric, start with a lower quantity and gradually increase as you develop a taste for it.* Allow simmering for 5 minutes, stirring occasionally, until smooth, hot, fragrant, and flavorful.
3. Remove the saucepan from the heat. If needed strain the golden milk over a fine-mesh sieve into your favorite mug. Discard the solids. If using, when slightly cooled, stir in cannabis tincture, ghee (or coconut oil) and sweetener of your choice into the milk. If you use honey as a sweetener, make sure that you don't heat honey: heated honey loses its benefits.
4. Drink while it is still warm.

Cannabis can be added for extra benefits. Store bought or home made infused coconut oil is the easiest way. It is always best to use fresh organic products. Turmeric and black pepper lose their active principles during the cooking process – about 85% is lost after 15-20 minutes of cooking. The correct way would be to add the ingredients at the end of simmering, the last 5 minutes. Feel free to get creative. Enjoy golden milk in the evening before going to bed. It is also a great beverage to enjoy along with friends or guests, especially on those cold winter evenings.