

Golden Milk

From the kitchen of [Jesse Haas](#)

Adapted from *Healing Spices* by Bharat Aggarwal, PhD



We've touted [the benefits of turmeric](#) in the past. It's still true: this spice is the bomb! As a folk remedy turmeric was used to treat many, many maladies - everything from measles to gum disease, indigestion to the flu. Researchers have recently become quite interested in this yellow spice, so there is good evidence that at least some of these folk remedies have clout!

Ingredients:

- 8 oz milk of your choice (cow, goat, almond, non-GMO soy, coconut)
- 1 teaspoon turmeric
- 1/2 teaspoon coconut oil (the fat increases absorption of turmeric's active compound curcumin)
- honey, to taste (optional)

Directions:

1. Heat milk and turmeric in a small saucepan over medium-low heat.
2. Sweeten with honey, if desired.
3. Drink immediately.

Bonus Options

- Add a pinch of cinnamon and/or black pepper. Cinnamon helps balance blood sugar and black pepper increases the absorption of both spices.