



Golden Milk

Anti-Inflammatory Drink



*Eat well.
Live well.*

**Soy-Free. DF. GF. *Sugar-Free.
*Vegan. Vegetarian. Paleo. *Keto.
*Good for ALL Blood-Types**

What you'll need:

- 3 tsp turmeric powder
- 1/8 cup filtered water
- 1/8 tsp ground black pepper*
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp pure vanilla extract*
- 2 tsp raw honey*
- 2 cups unsweetened almond milk*

Homemade Unsweetened Almond Milk

Equipment needed: High-Speed blender such as a Vitamix or Ninja, and a Nut Milk Bag
 1 cup almonds, soaked, drained & rinsed (let soak for at least 4 hours)
 2 cups filtered water

Golden Milk

2 cups of unsweetened almond milk
 ½ tsp turmeric paste

See foot notes for items marked with*

NOTE: For the most health-conscious version, use as many organic ingredients as possible.

PREP: 10 minutes COOK: 8-10 minutes SERVES: 2

- 1) Add turmeric powder, filtered water, and black pepper in small container that has a lid. Preferably glass. Mix blend together until it's a creamy paste.
 - If you aren't making the homemade almond milk, skip step two.
- 2) Have a large jar or bowl ready with the nut bag sitting inside of it. Place soaked almonds in blender with filtered water and blend on high for approximately 2 minutes or until completely creamy. Pour into the nut bag and milk to strain liquid from pulp.
- 3) In a small saucepan, on low heat, mix almond milk, cinnamon, ginger, vanilla extract, honey, and ½ tsp of the turmeric paste you made. Place the rest of the turmeric paste in the fridge with sealed lid and use for another time. *Stays good for up to 7 days in most circumstances.*
- 4) Stir consistently, not letting it get too hot or burn on the bottom of pan.
- 5) Pour into mugs or glasses of your liking and enjoy!



Sugar-Free: Make sure the vanilla extract is sugar-free. We recommend 'Simply Organics' (at Target), or 'Kirkland' brand (at Costco).

Vegan: You'll need to replace the honey with either maple or date syrup.

Keto: Replace honey with Keto friendly maple syrup. We recommend 'Wholesome Yum' Keto maple syrup.

Blood Types:

All blood types are supposed to avoid black pepper. BUT- this recipe requires such a small amount AND it's the vehicle to which turmeric can properly absorb into the body. Without the bonding of black pepper to turmeric, the anti-inflammatory properties aren't there. SO- if you have a severe reaction to black pepper or you are on a strict blood type cleanse, I would say this recipe is not for you. Otherwise; with my experience I would say this recipe is just fine for all blood types.