

### 1. GOLDEN MILK (TURMERIC MILK)

Ingredients for the Turmeric Paste:

¼ cup Turmeric powder

½ t ground pepper

½ cup filtered water

Method:

Mix all the ingredients in a saucepan

Over medium heat, stir constantly until paste is thick

Keep in small jar in fridge

Ingredients for Golden Milk:

1 cup almond milk/coconut milk

1 t coconut oil

¼ t turmeric paste

Method for making Golden Milk:

Combine all ingredients in a saucepan

Stir constantly

Add honey to taste