

Gold Milk

Recipe Courtesy of Healing the Vegan Way

Yield: 2 cups milk

Prep time: 10 minutes, Cook time: 5 minutes

Total time: 15 minutes, Serving size: 1 cup

Number of servings: 2

Turmeric Paste

1/4 cup ground turmeric

1/2 teaspoon freshly ground black pepper

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cardamom

Pinch of cayenne pepper

1/2 cup water

Milk

2 cups soy, rice, coconut, or almond milk

1 tablespoon turmeric paste

1 teaspoon coconut oil, optional

Pure maple syrup, coconut nectar, or agave nectar to taste

1. Create the turmeric paste: Place the turmeric, black pepper, cinnamon, cardamom, and cayenne in a small saucepan over medium heat. Add the water and stir well until a thick paste is formed. Allow to cool and place in a small glass bowl.
2. Prepare the milk: For a warm beverage, place the soy milk in a small saucepan over low heat. Stir occasionally and be sure not to burn. For a cold beverage, place the soy milk in a blender.
3. Add 1 tablespoon of the turmeric paste to the soy milk and stir or blend well. Add the coconut oil, if using, (omit for the cold version), and sweeten to taste before serving.

Nutrition Facts per serving (258 g): Calories: 100, Fat Calories: 38.6, Total Fat 4.4, Saturated Fat 0.4g, Cholesterol 0 mg, Sodium 185.8 mg, Total Carb 13g, Dietary Fiber 34g, Sugars 2.5g, Protein 2.