



Turmeric Milk

Turmeric milk, often called golden milk, is a traditional Ayurvedic drink known for its nourishing and calming qualities.

Servings: 1

Preparation Time: 15 minutes



Ingredients

- 1 cup milk
- 1 cup water
- 1 teaspoon **ghee**
- 1/4-1/2 teaspoon **ground turmeric**
- 1/8 teaspoon **ground cinnamon**
- pinch of **ground nutmeg**
- some natural sweetener, if desired, **jaggery**, **raw sugar**, or **maple syrup** work well*

Instructions

- In a saucepan, on low heat, melt ghee.
- Add the herbs and cook until slightly bubbly, be careful to not burn the herbs.
- Add the milk and water, bring to a boil.
- Reduce heat to a simmer and cook to 1/2 (until about 1 cup is left).
- Add sweetener to your taste.

Turmeric Milk (Cont.)



Instructions (Cont.)

- *Honey should not be cooked or added to very hot beverages. Ayurveda tells us that cooking honey changes the properties of the honey, making it toxic to the body.

This recipe is appropriate for all dosha types, especially in the cold, damp spring months. Turmeric can sometimes create excess heat or dryness, so monitor if this recipe is serving you or not.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

