

# Yummy Golden Milk

Tumeric is well known for its anti inflammatory properties and is loaded with medicinal benefits. According to Dr Vasant Lad "Tumeric is the best medicine in Ayurveda. It cures the whole person... Tumeric helps digestion, maintains the flora of the intestine, and reduces gas"

Because Tumeric has both water and fat soluble medicinal properties, it is best to prepare it in food or beverage that has both water and fat. Golden milk is a wonderful way to extract all of the water and fat soluble properties so that our bodies can maximize the benefits of this special plant medicine.

## **Golden milk concentrate:**

1/4 cup coconut oil  
1/2 cup tumeric  
3 T cinnamon  
1 tsp nutmeg  
1 tsp ground cardamom

Heat coconut oil in a skillet and simmer the spices in it until the tumeric turns golden in color and the spices become more fragrant.

Pour in a jar and seal. This concentrate will keep for a long time as long as it doesn't get moisture in it.

## **To make golden milk:**

Warm up a cup of your favorite milk or milk substitute on the stovetop. Add a teaspoon of golden milk concentrate and bring the milk to a simmer.

Pour in a mug, Add a natural sweetener if desired, and enjoy!