



Golden Milk
(makes two 8 ounce cups)

Warm the following ingredients in a small saucepan, using a whisk to blend during the warming process, then serve.

- 2 cups almond milk
- 1 tsp ground turmeric
- 1 tsp cinnamon
- 1 tsp powdered ginger
- 1 tsp raw honey
- pinch cardamom
- 2 Tbsp ghee or coconut oil
- pinch of ground black pepper