

GOLDEN

MILK

 **Pain2**
WELLNESS
YOUR HEALTHCARE SOLUTION



INGREDIENTS

- 1 ½ cups coconut milk (canned is best, but carton or homemade works too)
- 1 ½ cups unsweetened plain oat milk
- 1 ½ tsp ground turmeric
- 1 tsp freshly grated ginger
- 1 whole cinnamon stick (or 1/4 tsp ground cinnamon)
- 2 T coconut cream
- 2 T maple syrup, coconut sugar, or stevia to taste)
- 2 t vanilla

DIRECTIONS

- In a small saucepan, add coconut milk, milk, turmeric, ginger, cinnamon, coconut cream, and maple syrup.
- Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling – about 4 minutes – whisking frequently.
- Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice + flavor.
- Serve immediately, use a fine mesh strainer when serving to strain out the ginger for a creamy texture dividing between cups and leaving the cinnamon stick behind. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop.