

## **TURMERIC MILK**

### **INGREDIENTS**

- 2 cups of almond milk
- 1 tablespoon local honey, optional
- 1 tablespoon coconut oil, optional
- 1 teaspoon ground turmeric
- 1 cinnamon stick or 1 teaspoon ground cinnamon
- small pinch of black pepper and grated ginger (fresh is best)

### **INSTRUCTIONS**

1. Simply pour all ingredients into a small saucepan and bring to a light boil. Whisk to combine ingredients. Reduce heat to low and simmer for up to 10 minutes.
2. Strain the milk if you have large pieces of ginger, cinnamon, peppercorns, etc. To serve, add honey or a dash of cinnamon.
3. Enjoy warm is best!