



Golden Milk Tea

Yields: Makes 2 cups

Ingredients:

- 2 cups plant-based milk: coconut, almond or soy
- 1 tbsp. grated fresh ginger
- 1 tsp. coconut oil
- 3-4 peppercorns or dash of fresh pepper
- 1 tbsp. turmeric powder

Directions:

1. In a sauce pan, heat 2 cups plant-based milk on medium high heat.
 2. Add ginger, coconut oil, peppercorns and turmeric. Whisk all together well.
 3. Bring to a simmer and simmer covered for 10 minutes.
 4. Strain.
 5. Optional ad ins: raw honey, maple syrup, cinnamon
 6. Drink immediately or add to glass container and refrigerate.
- Recipe adapted from Timeless Turmeric <https://www.timelessturmeric.com/>