



GOLDEN MILK RECIPE

DOSHIC EFFECT: **VATA** ↓, **PITTA** ↓, **KAPHA** ↑

SERVING: 1

TIME: 10 MINUTES

MATERIALS:

- Small sauce pan
- Spoon
- Hand blender (optional; can also be substituted with a regular blender)

INGREDIENTS:

- 1 cup of organic whole milk (can be substituted with almond or hemp milk)
- 1 tsp Organic Ghee or coconut oil
- ¼ to ½ tsp of organic turmeric powder**
- Large pinch of ginger, cinnamon, nutmeg and cardamom powder**
- Small pinch of saffron
- Raw honey to taste

****Spices listed can be replaced with 1/2 tsp of my Ayurvedic Breakfast Spices**

NOTE: If one cup of milk is too much, you can substitute by using ½ c of milk to a ½ c of water.

DIRECTIONS:

1. Warm the milk in a small pan over low-medium heat, while stirring occasionally.
2. Once warm, slowly add the ghee and spices while continuing to stir. Mix until there are no chunks and the powder has fully absorbed into the milk. If you have a hand blender, this works particularly well and it also creates a yummy frothy texture.
3. Remove from the heat and let it cool to a drinkable temperature. Once the temp has cooled to about 110 degrees, add a small spoonful of honey to the desired sweetness. Top it off with a sprinkle of extra cinnamon.
4. Sit, sip and enjoy!!