

Golden Milk

Heidi has been prescribing this to MANY of her clients lately. 😊

Serves 2

Ingredients

2 Cups milk or your favourite milk alternative

1 Tbsp Coconut oil

1 tsp turmeric powder

1/2 tsp cinnamon

2 tbsp maple syrup

Pinch of pepper

Directions

In a small saucepan, melt coconut oil over medium heat. Add turmeric powder and cinnamon, stir gently. Slowly stir in milk, whisk and bring to a low simmer. Simmer for 5 minutes. Remove from heat add maple syrup.

Before serving add a pinch of black pepper.

- ❖ Piperine, a component of black pepper, increases curcumin bioavailability by 2000 percent. Curcumin is an active compound in turmeric and is known to possess anti-inflammatory and antioxidant properties.

Enjoy 😊