SHOPPING LIST

Golden Milk with Turmeric and Ginger

Serves 2 mugs

- [ ] 500 ml oat milk or almond milk
- [ ] 1 tsp ground turmeric
- [ ] 1/2 tsp ground cinnamon
- [ ] 1 tsp grated fresh ginger
- [ ] A pinch of black pepper
- [ ] 1 to 2 tsp maple syrup
- [ ] 1 tsp coconut oil (optional)

Tick off what you already have at home.