HEARTY & GROUNDING

Golden Milk with Turmeric and Ginger

PREP	COOK	SERVES
5 min	8 min	2 mugs

Vegan Vegetarian

Warm plant milk with turmeric, ginger, cinnamon and black pepper. Vegan, golden and soothing before bed.

Ingredients

- 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)

Method

1. Put all the ingredients in a small pan and whisk together.
2. Heat gently for 5 to 8 minutes, whisking now and then, until hot but not boiling.
3. Strain if you prefer a smooth cup, or drink as it is.
4. Pour into mugs and sprinkle with a little extra cinnamon.

Cook's tip

Whisk it before pouring. The spices settle to the bottom if you leave it to stand.