



Golden Milk Recipe



Turmeric has been shown to have amazing healing benefits for immune and digestive system. Studies have also found turmeric to be an anti-inflammatory and anti-carcinogen agent.

Follow this yummy recipe to get all healing benefits of Turmeric and become relaxed right before going to sleep at night.

Ingredients

- 2 cups of milk (almond or coconut milk preferred)
- 1 teaspoon Turmeric
- 1/2 teaspoon or Cardamon
- ½ teaspoon Cinnamon (optional)
- 1 teaspoon honey (optional)
- Pinch of black pepper (increases healing qualities of Turmeric)

Instructions

- Blend all ingredients in a high speed blender until smooth.
- Add all ingredients into a small sauce pan and heat for 3-5 minutes over medium heat (not boiling).
- Drink and enjoy thoroughly

Sleep with Angels! ZZZZZzzzzzzzz