



Golden Milk

Serves 2

Ingredients

- 1 cup canned coconut milk
- 1 cup hot water
- 1 ½ tsp turmeric, ground
- ¼ tsp cinnamon, ground
- ½ tsp honey

Instructions

1. Add all ingredients to a small saucepan. Whisk to combine.
2. Warm over medium heat, whisking frequently. Heat until hot, but not boiling.
3. Serve & enjoy!

Tip: You can substitute 2 cups of almond milk instead of the 1 cup coconut milk and 1 cup water.