



## **Golden Milk**

**Wonderful for bone and joint health and an excellent bedtime drink!**

### Ingredients:

1/8 tsp Turmeric

1/4 cup Water

8 oz Milk

2 Tbs. Almond Oil

Honey or Maple Syrup to taste

Place water and turmeric in a small sauce pan and bring to a boil, stirring to a paste for 8 minutes. Place milk and almond oil in a separate sauce pan and heat until the milk just comes to a boil, then remove from heat.

Add the turmeric paste to the milk and stir until the milk becomes completely yellow.

Add honey or maple syrup to taste.

Drink Warm.

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