

Golden Moon Milk Recipe

Ingredients:

1 cup of coconut milk, cow's milk or other plant based milk
 1/2 - 1 1/2 tsp turmeric (everyone will have a difference preference)
 1/2 tsp cinnamon
 1/2 tsp ginger powder or 1/4" grated fresh ginger
 1/4 tsp freshly ground black pepper or a couple cracked peppercorns
 1 tsp coconut oil
 1/2 tsp vanilla extract
 agave /maple syrup /honey /monk fruit sweetener *to taste if desired*

Optional add-ins:

1-2 green cardamom pods crushed or 1/2 tsp ground ...my favorite
 1/8 tsp ground cloves or 1-2 whole cloves

Method:

1. In a small sauce pan heat milk over low heat until warm.
2. Add turmeric and all other ingredients.
3. Whisk it all together and bring to a low simmer for 3-5 minutes.
4. Strain if using fresh ingredients like ginger, pods, corns, or sticks.
5. Sprinkle with cardamom or cinnamon powder and serve.

Optional: Froth with an electric frother

Golden Turmeric Paste Batch Recipe

Ingredients:

1/2 cup water
 1/2 cup coconut oil
 1/4 +/- cup turmeric
 2 1/2 tsp cinnamon
 3 tsp ginger powder or 1" grated fresh ginger
 1/2 tsp freshly ground black pepper
 2 tsp ground cardamom
 2 tsp vanilla extract
 1/2 tsp ground cloves *optional*

Method:

1. In a small saucepan combine water and turmeric and bring to a simmer over medium heat.
2. Add all other dry ingredients and vanilla extract, whisking constantly for 3-5 minutes. Add up to 1/2 cup more water if needed to ensure you can stir and cook.
3. Add the coconut oil and whisk until fully combined. It will be like a thick paste consistency.
4. Remove from heat and transfer to an airtight container with lid and refrigerate.
5. Will keep for as long as 5 weeks.

How to Use Golden Turmeric Paste:

1. Heat 1 cup of milk of choice in a small sauce pan.
2. Whisk in 1-2 tbsp of Golden Turmeric Paste
3. Add sweetener, ashwaganda or other add-in if desired.
4. Simmer 3-5 minutes.
5. Strain (if needed) and serve.