Ingredients:
2 cups of 2% milk
1 tsp. dried turmeric
1-2 tsps. Fresh ginger paste
Sprinkle of black pepper
Sprinkle of cinnamon
Skinny Girl Agave with Stevia Extract Liquid Sweetener

Golden Milk

Adapted from freshbitesdaily.com and submitted by Amy of New Braunfels, Texas, participant in Rx for Better Breast Health

Preparation:
1. Place milk in saucepan over medium heat.
2. Add turmeric, ginger, and pepper. Stir well if you are using the dried spices.
3. Let the milk begin to simmer; small bubbles will form on the sides of the saucepan. Stir.
4. Allow to heat for another minute or two being careful not to let the milk overheat. Continue to stir at this point to get better heat distribution and so that you don’t end up distracted in your kitchen and end up with boiled turmeric in your bumper pans.
5. Turn off heat, cover, and allow the mixture to sit for 10 minutes or so to improve the infusion.
6. Strain the milk through a strainer if you have used fresh ingredients.
7. Serve warm.