

Mark's Kitchen

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Golden Milk

Ready in: 15 minutes

Serves: 3

'Tis the season of cool days and warm drinks! This comforting and healing golden milk is a recipe from my friend, [Sarah Lefkowitz](#), who is also a nutrition consultant for my wellness team. Sarah's recipes not only taste great, but also good for you. This turmeric tonic is the perfect beverage to sip on when you have a cold or if you are looking for an anti-inflammatory boost.

Ingredients

- 3 cups unsweetened almond milk
- 1 inch piece turmeric, grated
- 1 inch piece ginger, grated
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon freshly ground black pepper
- 1 dropper of stevia or powder form to taste

Instructions

Step 1: Add all of the ingredients into a medium saucepan and warm over low heat for about 15 minutes or until warmed through, stirring occasionally.

Step 2: Strain and enjoy with friends!

Nutritional analysis per serving (1 cup):

Calories: 37 • Fat: 3 g • Cholesterol: 0 mg • Fiber: 2 g • Protein: 1 g • Carbohydrates: 3 g • Sodium: 181 mg

