

GOLDEN MILK LATTE



Tags: [Fall](#), [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

Prep Time: 2 Min

Cook Time: 5-10 Min

Serves: 1

Directions:

1. Pour milk into a saucepan over medium-low heat.
2. Add spices and whisk, bringing to a boil.
3. Reduce heat and simmer for about 10 minutes if using whole spices or about 5 min if using ground spices*, whisking often to prevent sticking and burning.
4. Strain spices from milk (if using whole) and pour into a mug, add local honey* and enjoy!

*When using spices in ground form – take caution not to allow them to stick or burn the bottom of the pan. Whisk before drinking as the herbs will settle to the bottom of the mug.

*Add honey once it has reached drinking temperature. Heating honey is mildly toxic.

Alternative preparation option: if you have a milk frother, another quick option I like at the end of a long day is to place the ground spices in my frother, froth and pour! Easy breezy!

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Ingredients:

1 cup milk | Pitta/Vata: almond milk, coconut milk, or organic whole milk from happy cows! Kapha: almond milk
3 cloves or a pinch of ground cloves (recommended for Kapha only)
1 cinnamon stick or 1/2 tsp of ground cinnamon
5-8 cardamom pods (use a mortar + pestle and grind OR smash the pods using the back of your cutting knife) or 1/2 tsp of ground cardamom
1/4 tsp black whole black peppercorns (can use 1/4 tsp ground pepper)
1-inch piece fresh turmeric root, peeled and chopped (you can use 2 tsp ground turmeric)
1/2 inch piece fresh ginger root, peeled and chopped (morning/early afternoon only – will increase energy)
1/2 tsp ground nutmeg (evening only – can act as a mild sedative and support rest)
a dash of ground cinnamon or cardamom for topping

Golden Milk is all the rage and you can find almost every juice bar selling shots of turmeric, the "yellow" spice that gives golden milk its name. Indian haldi doodh, or turmeric milk has been used traditionally in Ayurvedic medicine for centuries. Turmeric or Curcuma has many benefits and can be used for indications of indigestion, poor circulation, cough, amenorrhea, pharyngitis, skin disorders, diabetes, arthritis, anemia, wounds, bruises, joint inflammation, cuts, burns, and any general inflammation in the body.

Many studies have shown the benefits of Turmeric on Alzheimer's patients, several types of cancer, as well as depression. Overall, this is a great immune-boosting beverage that should be a part of your weekly diet. You

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should not take turmeric if you are pregnant, have acute jaundice, hepatitis, or if you have a high pitta imbalance. Consult your practitioner if you're unsure of the medicinal usages.

This warm, healthier variation of the coffee shop latte or hot chocolate makes a great substitute for those that have an excess evening sweet tooth. It is enjoyable before bed and can help with a restful night's sleep. I've included some of my favorite variations and hope you find them helpful as you assess your own needs.