



GOLDEN MILK



Directions:

1. Pour milk into a saucepan over medium-low heat and add spices. Reserve the honey and dash of cardamom, nutmeg, or any other powdered spices you choose to dust on the top of your latte.
2. Add spices and whisk, whisk, whisk!
3. Once the milk comes to a gentle boil, reduce the heat, and allow it to simmer with the herbs for about 10 minutes if using whole spices, or 5 minutes if using ground spices. Don't walk away from your stove for those 5-10 minutes, keep on whisking!
4. If using whole spices, strain spices from milk and pour into a mug, if using powdered, simply pour directly into your mug.
5. Sprinkle on the dusting of powdered spices and if you choose, a little squeeze of local honey.



Enjoy!

Ingredients:

- 1 cup milk | pitta/vata: almond milk, coconut milk, or organic whole milk from happy cows! kapha: almond milk
- 3 whole 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 or 1/4 tsp ground pepper
- 1-inch piece of fresh turmeric root, peeled and chopped or you can use 2 tsp ground turmeric
- 1/2 inch piece of 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 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.