Golden Milk

Turmeric is the source of this drink’s deep yellow hue and rich, exotic flavor.

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Every so often a new something for health comes along that grabs your attention. One of the latest is a pretty beverage that conjures up visions of a warm toddy sipped in front of a cozy fireplace on a cold winter’s night.

Here’s the recipe: Combine one teaspoon of grated or powdered turmeric and ginger, one half of a teaspoon of ground cinnamon, honey to taste and a dash of black pepper (optional) and mix into a pot with one cup of milk or a nondairy substitute, like almond or coconut milk. Gently simmer for 10 minutes, stir and pour.

This hot libation is called golden milk, and it may or may not promote heart health, reduce inflammation, aid digestion, lower blood sugar levels or keep any of the other wonderful promises that have been made on its behalf. Who knows, the fragrant concoction also may or may not improve your mental health and well-being.

Regardless, it sure is tasty.

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http://beta.docker.realhealthmag.com/article/golden-milk-turmeric