



Hi! It's Brenda :)

Here is the Golden Milk recipe you requested:

Ingredients

Turmeric Paste

- 1/2 c water
- 1/4 c turmeric powder

Golden Milk

- 2 c full-fat organic coconut milk
- 1/2 tsp cinnamon
- 1 tsp coconut oil
- 1 tsp to 1 Tbsp turmeric paste
- 1 tsp chopped ginger
- 4-6 black peppercorns
- 1 pinch stevia or small amount of raw honey to taste (optional)

Turmeric Paste Instructions:

First you will need to make the turmeric paste, which will be used for several servings of golden milk. Add 1/2 c of water and 1/4 c of turmeric powder to a small saucepan. Mix together and stir occasionally over medium heat for about 7-10 minutes. Add a little water if it starts to get too thick. After 7-10 minutes place turmeric paste into a small glass container. You can store this in the fridge for up to 2 weeks.

Golden Milk Instructions:

Combine all the Golden Milk ingredients into a medium saucepan. Cook on low heat for approximately 10 minutes, stirring occasionally. Next, strain the milk through a fine mesh strainer to remove the peppercorns and ginger. Lastly, pour Golden Milk into a mug and drink. You can also add a sprinkle of cinnamon on top!

>> [**Video Instructions \(I'll show you how to make it!\)**](#)

Chad and I hope you enjoy this delicious and super-healthy bedtime drink!

Remember... if you want to learn the BEST way lose stubborn fat and reclaim your health...[we recommend joining our 30- Day Challenge here.](#)

Best!

Brenda Walding, DPT, FDN-P