

GOLDEN MILK MIXTURE



15 servings



5 min



Easy



INGREDIENTS

- 4 tbsp ground turmeric
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp ground black pepper

METHOD

Add all spices to a small jar and shake or stir thoroughly to combine. Store it at room temperature for up to 3 months. To make some golden milk, dilute 1 heaped teaspoon of the mixture in a little hot water in a mug to form a paste. Then add 1 cup of milk or plant milk (hot or cold), and sweetener (to taste).

Tip: The mixture can also be used as a condiment in a range of dishes.

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