

## Turmeric Golden Milk Recipe and Information



This information has been given to the Gabriel Method by Nadia Harper.

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This TURMERIC GOLDEN MILK is an ancient super healing drink that you can make right in your own kitchen.

This kind of drink has been enjoyed in many Asian cultures for generations.

Turmeric is a bright orange root with amazing health benefits. The colour of this food is amazing!! It will stain your fingers and anything else it touches! This incredible colour that it exudes is evidence of the antioxidant properties within.

It is actually used as a fabric dye in many places and is often what gives curries their signature yellow color.

## **Why Turmeric? Benefits of Turmeric**

Turmeric (*curcuma longa*) contains curcumin. Here are just a few of the known benefits;

- anti-inflammatory
- antioxidant
- antibacterial
- mild anesthetic
- cleansing
- boosts immunity
- healing to the GI tract lining
- enhances digestion
- regulates blood sugar
- anti-cancer

Turmeric can be beneficial in helping to treat:

- arthritis
- psoriasis and other skin issues
- achy joints
- swelling in joints
- rheumatism
- Crohn's disease
- Alzheimers and other neurological functions
- Memory and Brain functions
- Colds and Flu
- Depression
- Topically the paste can help with wound healing including cold sores and much more

## **Turmeric Golden Milk Recipe**

### **INGREDIENTS:**

- 1-2 inches of fresh turmeric
- 1/2 - 1 inch of fresh ginger
- 1 tsp black pepper (helps the curcumin to be absorbed better)

These first three ingredients are used to make a paste. See below for directions on making this paste using dry powdered turmeric and ginger if fresh is not available.

- 1 cup nut/seed milk (almond milk, coconut milk, etc.)
- 1/2 cup water

### OPTIONAL INGREDIENTS:

- Sweetener to taste (this is optional, I use coconut palm sugar, raw local honey or maple syrup)
- 1 tsp oil (coconut oil is what I use, you can also use cold pressed almond oil or ghee). There is some fat in the milk you are using and adding some extra oil will assist in the fat soluble components to be absorbed.
- pinch of vanilla powder
- pinch of clove powder or a couple whole cloves
- pinch or two of cinnamon
- pinch of sea salt
- pinch of cardamon
- just a few fennel seeds
- 1 anise pod
- a pinch of mushroom powders (chaga or reishi)

Play with the above optional ingredients to create different tastes in your turmeric golden milk each time you make it ... or leave them out completely, let your intuition, taste and creativity guide you.

Side note: Traditionally, this turmeric golden milk was made with cow's milk. Nowadays nearly all available milk for purchase is pasteurized and I don't recommend this as it is highly inflammatory and mucous forming in the body. Also, the life of many dairy cows is not a pretty one and I do not wish to support that. Almond milk or any other well made nut/seed milk works wonderfully in this recipe.

First step is to create a **turmeric paste**.

Do this by peeling the turmeric and ginger and pounding these roots with a mortar and pestle until a smooth paste is created. Add the black pepper in while pounding so that the pepper gets blended into the paste.

You can make a bigger batch of this paste ahead of time and store in a glass container in the fridge for up to a month.

You can also create this paste **using dry powdered ingredients** if fresh is not available. To create the paste for your turmeric golden milk using dry ingredients you will need:

- 4 TBSP turmeric powder
- 1 TBSP ginger powder
- 1 tsp black pepper, crushed
- 1/2 cup good quality water

In a small saucepan add the water and turn the heat on medium. Add in turmeric powder, ginger powder and crushed black pepper and stir continuously for about 10 minutes. Add more water as needed to keep the consistency to a nice thick smooth paste.

Once finished, store in an airtight glass jar in the fridge for no longer than about 2 weeks.  
Use 1-2 tsp of this paste in the recipe above

Once you have your paste made you are ready to go.

In a small saucepan on low heat, add in the milk and water. To this, add in your turmeric paste and any of the optional ingredients you want to use.

Allow this to simmer for about 20 minutes.  
Strain and enjoy.

An optional and really fun thing to do before drinking is to aerate your turmeric golden milk. This enhances the taste and creates a beautiful foam on your drink. This is done by pouring the drink back and forth between two large cups, creating as much space as you can between the cups while pouring. With practice one can get quite good at this technique, the first time you may end up with golden milk all over your floor!

Bring some ancient wisdom into your body by making and enjoying this turmeric golden milk - you are worth it!