

Golden Milk Paste



When I recently stopped taking all my supplements and medicines as a “break” before the holidays, the one thing that my body missed was turmeric. About two weeks after stopping, I noticed significantly increased arthritic stiffness; my physical therapist mentioned that she had heard the same outcome from other patients. I did resume the supplements but also remembered this delightful drink that I love especially in the winter. It is soothing and flavorful (my recipe adds additional spices for flavor) and is a lovely way to ingest turmeric every day, especially at bedtime. Instead of making individual batches, this recipe makes a paste that I keep in a jar in the fridge. There are other recipes out there for single servings and other spice combinations. The one thing to ensure is the recipe includes black pepper which helps the turmeric be absorbed.

½ Cup turmeric powder
1 ½ Cups Water
½ Cup Coconut Oil – melted
1 Tablespoon Ground Cinnamon
1 Tablespoon Ground Cardamom
1 Tablespoon Ground Ginger
1 Teaspoon Ground Nutmeg
1 Teaspoon Ground Cloves
1 ½ Teaspoon Ground Black Pepper

- Whisk the turmeric and water in a small saucepan over medium low heat. Stirring continually until a thick paste forms.
- Stir in the melted oil and the spices until fully combined and blended.
- Store the paste in a glass jar in the refrigerator.

To make the golden milk:

1 Cup Milk (Dairy or Non Dairy)
1 ½ teaspoon paste

Heat the paste and milk in a small saucepan whisking the paste into the milk as it simmers. Heat the milk until hot but not boiling. Pour into a mug and enjoy!