

INGREDIENTS

Coconut Milk - 2 cups
Ground Turmeric - 4 tsp
Ground Cinnamon - 2 dashes
Honey - 1 Tb
Vanilla Extract - 1 Splash

Tools & Equipment

Measuring Cup
Tablespoon
Teaspoon
Saucepan
Whisk
Mugs

Prep Ahead

Gather all ingredients and equipment.
Measure out all ingredients beforehand.

Alternatives & Options

The measurements of each ingredient above are adaptable. For a sweeter taste, add more honey; for a less earthy flavor, reduce the amount of turmeric.



Creamy Coconut Golden Milk



2 cups



4-8 minutes

INSTRUCTIONS

Heat the saucepan on the stove on medium heat.

Pour the coconut milk into the saucepan.

Add in:

Turmeric, cinnamon, honey, vanilla.

Whisk the ingredients frequently to keep from burning.

After about 5 minutes, the coconut milk will bubble around the edges, indicating it is warming. Continue whisking until all ingredients are incorporated, the milk turns yellow/golden, and the temperature fits your liking.

Turn off the heat, pour into your mug of choice, and *enjoy* this tasty, cozy beverage.