



## **GOLDEN MILK**

**SUBMITTED BY: ANITA CLASON**

### **Ingredients:**

1 1/2 cup: almond or rice milk

1 Tbl sp: coconut oil

1 tsp: honey

1 tsp: cinnamon

1 tsp: turmeric

1/8tsp: black pepper

### **Instructions:**

heat the almond milk and coconut oil on stove top (or microwave) to steaming hot- but do not boil. Then stir in the honey. Whisk in the powdered ingredients last. For summer allergies and winter stuffy noses, enjoy this drink in the evenings to help you wake up with a much clearer throat and sinuses- works great for me!