

# Golden Milk

## Ingredients:

- 1 C unsweetened almond milk or coconut milk, or cows' milk
- 2 tsp maple syrup
- 1 1/2 tsp almond butter, or other nut butter (not peanut butter)
- 1/2 tsp pure vanilla extract
- 1/2 tsp Ground Cinnamon plus additional for serving
- 1/4 tsp Ground Turmeric
- 1/8 tsp Ground Ginger
- Pinch ground black pepper



## Directions:

- Combine the milk, maple syrup, almond butter, vanilla extract, cinnamon, turmeric, ginger, and any optional spices in a small saucepan.
- Heat over medium until warmed through, whisking briskly so that the almond butter does not stick to the bottom and the spices incorporate.
- Do not let boil. Pour into a mug and serve immediately.