

Golden Milk



In addition to being an excellent alternative to café lattes, this hot, creamy, and slightly spicy beverage will bring you a good dose of nutrients to support your digestive health!

Preparation 0 min
Cooking 5 min
Servings 1
Nutrition Facts (per serving)
Calories 150
Fat 5
Carbohydrates 18
Fibre 0
Protein 8
Sodium 120

Ingredients

- 250 ml (1 cup) of 2% M.F. lactose-free milk (or plant-based beverage)
- 5 ml (1 tsp) of honey
- 2.5 ml (½ tsp) of ground turmeric
- 2.5 ml (½ tsp) of cinnamon
- 1.25 ml (¼ tsp) of ground ginger

Preparation

1. Add all the ingredients into a small saucepan and heat over medium heat.
2. Stir with a small whisk to achieve a smooth beverage. Remove from heat after about 5 minutes or before the mixture comes to a boil.

Notes

Keeps for 3 days in the refrigerator.

You can add a shot of espresso if you want a caffeinated drink.



Meri Makaryan – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal