

Ancient India - Golden Milk (Turmeric Milk)

Why it's medicinal:

Turmeric, the key ingredient, contains **curcumin**, which has powerful anti-inflammatory and antioxidant properties. This Ayurvedic recipe is used for immune support, joint pain, and digestion.

Ingredients:

- 1 cup warm milk (cow's, almond, or coconut)
- 1 tsp turmeric powder
- ½ tsp cinnamon (blood sugar regulation)
- 1 pinch black pepper (enhances curcumin absorption)
- ½ tsp raw honey (antimicrobial)
- Optional: 1 tsp ghee (nourishing and gut-friendly)

Instructions:

1. Heat the milk in a small saucepan over low heat.
2. Whisk in turmeric, cinnamon, and black pepper.
3. Simmer for 5 minutes, then remove from heat.
4. Stir in honey and ghee before drinking.