**[Golden Milk](http://www.mindfulwellness.us/lifestyle/golden-milk)**

**2 servings  
5 minutes**

* 1 1/2 cups light unsweetened coconut milk
* 1 1/2 tbsp ground turmeric
* 1/4 tsp ground ginger
* 1/4 tsp ground cinnamon
* Pinch ground black pepper

1. Add coconut milk, ground turmeric, ground ginger, cinnamon, and black pepper to a small saucepan.
2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently until all the spices are mixed together.
3. Turn off heat and taste to adjust flavor. Add more turmeric, ginger, or cinnamon for a more intense spice and flavor.
4. Serve immediately, dividing between two glasses. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop until hot.

*Tips:*

* Canned coconut milk is best, but carton works too.
* If you desire sweetener, add 2 tsp of honey to the cup prior to pouring in the milk. Mix thoroughly upon pouring in milk mixture.
* If using fresh ginger, grate 1-2 tbsp into the mixture and then using a fine mesh strainer when serving to strain out the ginger for creamy texture.