

VANILLA & COCONUT GOLDEN MILK LATTE RECIPE

What is Golden Milk & Why Is It Good For You?

Has Antibacterial, Antiviral and Antifungal Properties

Golden Milk, also known as haldi doodh, is best known for its anti-inflammatory properties because of its main ingredient - turmeric, along with anti-microbial and anti-cancer effects. It has been reported that the right dose of curcumin (found in turmeric) may be a MORE effective anti-inflammatory option than regular inflammation-fighting medications such as [Advil \(ibuprofen\)](#) and [aspirin](#).

Along with turmeric, this delicious and spicy concoction includes other health-promoting spices including cinnamon, ginger and black pepper.

If you've read any of my other posts or watched me on TV, you know how much I love love love ginger. Besides how fantastic it tastes, it is closely related to turmeric and just as healthy.

This is the perfect afternoon pick-me-up when you need something to tide you over till dinner. The health perks alone have made it a daily ritual for us. Anything anti-inflammatory and antioxidant-rich is a win in my book.



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INGREDIENTS (makes 2 servings)

- 3 cups unsweetened coconut milk
- 1 1/2 ground turmeric
- 1/2 tsp ground ginger - if using fresh, grate and then strain before serving.
- 1/4 tsp ground cinnamon
- 1/2 tsp pure vanilla extract
- 1 Tbsp coconut oil *
- 1 pinch ground black pepper & pinch of Himalayan pink salt
- Sweetener of choice if you wish (keto & low carb sweetener) - erythritol (1 tsp), honey, maple syrup, coconut sugar are great options)
- feel free to add a shot or 2 of espresso

Instructions

1. In a saucepan add almond milk, coconut milk, turmeric, ginger, cinnamon, coconut oil, black pepper, and sweetener of choice (a tbsp or two should do). Feel free to use milk of your choice depending on your personal diet.
2. Warm over medium-low heat until hot but do not boil - about 3 minutes - whisking constantly.
3. Turn off heat and taste to adjust flavour. Add more sweetener or more turmeric/ginger to intensify the flavour.
4. Serve immediately, top with a cinnamon stick in each if you are wanting it to look beautiful. Even a small pinch of spice on the foam for a perfect visual finish. If you are making for yourself, store the balance in an airtight container and consume within a few days. * Both coconut oil & ground black pepper have been found to help increase the absorption of curcumin, the beneficial anti-inflammatory compound found in turmeric. I usually include both for this reason.

ENJOY!

Nutrition Facts	
Amount Per Serving (1 serving)	
Calories 351	Calories from Fat 317
% Daily Value*	
Fat 35.2g	54%
Carbohydrates 6.9g	2%
Fiber 1.4g	6%
Protein 1.6g	3%
<small>* Percent Daily Values are based on a 2000 calorie diet.</small>	

Health Benefits of the ingredients in this delicious drink!

Ginger contains gingerol, a bioactive compound known for its anti-inflammatory and antioxidant properties. Ginger is a great at fighting nausea for seasickness, vomiting after surgery, in cancer patients undergoing chemotherapy and for pregnant women. It's excellent for muscle and joint pain, osteoarthritis, indigestion and it's worth looking into if you are a diabetic as it's been known to [drastically lower blood sugars](#) and heart disease risk factors.

Cinnamon is loaded with powerful antioxidants, such as polyphenols. In a study which compared 26 spices and their antioxidant strengths, cinnamon was on top ahead of superfoods like garlic and oregano.

Black pepper is a great way to combat this. More than just a spice, it has been shown to improve digestion and stimulate the secretion from the taste buds. ... Black pepper is known to have a considerable amount of antioxidant properties. It also has benefits against bacterial growth, particularly in the intestinal tract.

Although **turmeric** gets most of the spotlight, the other spices in golden milk are also health-promoting! Both ginger and cinnamon are known for their anti-inflammatory and antimicrobial benefits.

Coconut oil adds a touch of healthy fat and makes the turmeric more available for our bodies to absorb because it is [fat-soluble](#). So don't skip the oil! And by some wizardry, black pepper also makes the curcumin in turmeric [more bioavailable](#), so it's a valuable addition as well.

