

Golden Spiced Milk

“Delicious, play around with the spices”



Ingredients

- 2 cups milk, soy or nut milk
- ½ teaspoon ground turmeric
- 2 slices fresh ginger, grated or chopped
- A twist of black pepper
- ½ teaspoon ground cinnamon
- 1 star anise
- 1 whole clove

Let's Cook

1. Put all the ingredients in a saucepan.
2. Heat very gently on stove, 10-15 minutes, to infuse milk with spices. Avoid boiling.
3. Strain and serve in a mug.
4. Use honey, maple syrup or molasses to sweeten.
5. During summer, cool spiced milk in fridge and add ice for a refreshing drink.

