



# Ma's Golden Milk

A traditional & soothing Indian beverage for boosting the immune system.

There are numerous health benefits provided by the combination of these medicinal spices that have been used in Ayurveda for centuries. It's also delicious!

## Ingredients for a 12-14oz mug:

I prefer using all organic ingredients. Organic spices can be found at any Indian grocery store or online.

- 1 cup filtered or spring water
- 1/4 tsp turmeric powder (can be replaced with 3/4 tsp freshly grated turmeric root)
- 1/4 tsp ginger powder (can be replaced with 3/4 tsp of freshly grated ginger root)
- 1/8 tsp cinnamon powder or a 1-inch piece
- 2 cardamom pods, lightly crushed (with shell is ok)
- 4 whole black peppercorns (leave out if you are going to share it with children)
- 1 cup of grass fed cow's milk or oatmilk
- 1 tsp raw, local honey (if sweetness is desired)

## Instructions for preparing this wonderful warm beverage:

In a small saucepan, add the spices to the water. Do not cover. Boil down half the water, until the water is about 1/2 cup. This will help in extracting all the goodness of the spices and create a beautiful golden brown liquid. It also acts like aromatherapy in your home! Remove from heat at this point.

Now start heating your milk of choice in another saucepan over medium heat. Once it starts to show signs of coming to a boil, add the golden brown liquid into it through a strainer. When it comes to a full boil, remove from heat.

Pour it into your favorite cup and add honey if you'd like. I personally prefer it unsweetened, but most people enjoy it lightly sweetened. Enjoy!

Namaste,

Your Friends at Supreme Swan