



# Bowl of Soul

## INGREDIENTS

1 tbsp turmeric paste\*

1 oz honey simple syrup\*\*

1 oz hot water

8 oz milk or milk alternative

## DIRECTIONS

1. Add turmeric paste, honey simple syrup and hot water to a small saucepan.
2. Stir until turmeric paste is dissolved.
3. Add milk and heat over medium high until hot.
4. Pour into a bowl or cup.
5. Sprinkle with cacao powder and enjoy!

*\*See Turmeric Paste recipe card*

*\*\*To make honey simple syrup, mix equal parts hot water and honey until combined.*

# Turmeric Paste

## INGREDIENTS

2 oz turmeric powder

1 ¼ oz coconut oil

¼ tsp cayenne powder

pinch of Himalayan pink salt

¾ tsp cinnamon powder

4 oz water

## DIRECTIONS

1. Add all ingredients to a glass container.
2. Stir until all ingredients are combined and paste is smooth.

*Turmeric paste keeps well refrigerated for 10 days.*

