

Golden Milk Paste

Yield: 14 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/golden-milk-recipe-india>

Ingredients:

- 4 tablespoons ground turmeric
- 2 teaspoons ground ginger plus more to taste
- 2 teaspoons ground cinnamon plus more to taste
- 1 teaspoon ground black pepper plus more to taste
- 1/8 teaspoon ground nutmeg optional
- 1/8 teaspoon ground clove optional
- 1 tablespoon coconut oil melted, fat helps increase the absorption of turmeric — if avoiding oil, reduce to 1 tsp or less and compensa...
- 4 tablespoons maple syrup or other sweetener of choice // or if you'd prefer, omit and sweeten golden milk to taste upon preparation
- 2 tablespoons hot water
- 1 1/2 teaspoons golden milk Paste, recipe above
- 1 cup dairy-free milk we find light canned coconut milk, cashew milk, or almond milk to work best here, our favorite being coconut milk
- sweetener More, to taste, optional

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 6 grams
3. Fat: 1.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 10 milligrams
8. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Golden Milk Paste above. You can see more 19 golden milk recipe india Experience flavor like never before! to get more great cooking ideas.