

Foamy Golden Milk

Recipe courtesy of the Blue Zone Cookbook

Ingredients

- 2 Cups coconut, cashew, or almond milk (unsweetened or unflavored)
- 1 teaspoon turmeric powder
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Pinch of ground black pepper
- *Optional: honey or agave

Directions

1. In a small soup pot, heat all ingredients except for sweetener over low-medium heat. Stir as needed.
2. Use an electric frother or whisk to create a foamy consistency.
3. Remove from heat and divide into two mugs. Sweeten with honey or agave, if using.

Recipe written by Dan Buettner