

## **Golden Milk: A Warm Tradition With Powerful Benefits**

Golden Milk—also known as Turmeric Milk or Haldi Doodh—has roots stretching back thousands of years in ancient India. It originates from Ayurveda, one of the world’s oldest healing systems, where it was traditionally sipped to support vitality, digestion, and overall balance in the body.

The star of this golden drink is turmeric, prized for its bright color and active compound curcumin, which gives Golden Milk its signature anti-inflammatory and antioxidant properties. Over time, the recipe has traveled far beyond its Ayurvedic origins, becoming a modern wellness staple enjoyed for both comfort and nourishment.

### **Benefits of Golden Milk**

Golden Milk is cherished not just for its flavor, but also for its supportive qualities: It is anti-inflammatory, helps to boost your immune system, helps with digestive comfort, great for relaxation and sleep support, and is antioxidant rich.

Golden milk can be successfully made with most kinds of milk: dairy, coconut, almond milk, soy milk, coconut milk. Keep in mind that most processed milk contains sugar. I have not tried lactose free milk personally.

I LOVE frothing my golden milk. Frothing gives a creamier texture to the beverage and the bits of spices are incorporated into the froth rather than sitting on the bottom of the cup.

You can strain the milk through a nut bag if you prefer smoother milk.

This is a great before-bed ritual drink.

## **Golden Milk Recipes**

### **1. Classic Comfort Golden Milk (warming and complex)**

#### **Ingredients (1 serving):**

- 1 cup milk (dairy or plant-based)
- 1/2 tsp ground turmeric
- ¼ tsp ground cinnamon, ground or fresh grated ginger, cardamom (crushed or ground)
- 2 tsp sweetener (honey, maple syrup)

- 1 tsp ghee
- Splash of vanilla extract
- Pinch of black pepper

**Instructions:**

1. Warm the milk gently in a small pot—don't boil.
  2. Whisk in turmeric, and remaining spices
  3. Simmer 3–5 minutes until fragrant.
  4. Sweeten to taste and serve warm.
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**2. Creamy Coconut Golden Milk Latte (sweet and simple)**

**Ingredients (1 serving):**

- 1 cup coconut milk (or ½ coconut milk + ½ water)
- 1 tsp turmeric
- ¼ tsp cinnamon
- Pinch of black pepper
- 1 tsp coconut oil (optional for richness)
- 1 tsp sweetener of choice
- Splash of vanilla

**Instructions:**

1. Heat all ingredients in a saucepan over low heat.
2. Blend with an immersion blender for frothiness (optional but lovely).
3. Pour into a mug and enjoy warm, creamy, and soothing.