



## *Haldi Doodh*

### Golden Milk

Golden Milk, shared in homes across India for generations, supports immunity, reduces inflammation, soothes coughs and colds, aids digestion, promotes better sleep, and helps with joint and muscle comfort.

#### **Ingredients**

- 2.5 Cups milk or non-dairy alternative
- 3/4 Teaspoon ground turmeric
- 5 Whole black peppercorns
- 1 Inch cinnamon stick
- 4 Green cardamom pods slightly crushed
- 1/2 Inch fresh ginger, sliced into thin pieces
- 1 Tablespoon of your favorite sweetener: sugar, honey maple syrup, stevia, etc.
- Optional: cinnamon or cardamom powder

#### **Instructions**

1. Add milk to a medium pan on medium heat. Once the milk is lukewarm (about 1-2 minutes), stir in turmeric.
2. Add green cardamom pods, ginger, black peppercorns, the cinnamon stick, and your chosen sweetener and whisk together.
3. Bring to a gentle simmer for 5 minutes, ensuring you whisk periodically to keep the milk from burning.
4. Remove from heat and cover the pan with a lid for 5 minutes. This allows the flavors to deepen.
5. Strain the milk using a strainer and pour into heat-resistant cups (such as mugs).
6. Optional: Add cardamom or cinnamon powder on top!