

Instant Golden Milk



This recipe is a kind of herbal paste and combines powdered herbs, raw honey, and ghee. It's loosely based on the classic Golden Milk recipe, but so many other herbs could be added, like adaptogens, different spices, and so on.

Ingredients:

Turmeric powder 1 part
Cardamom powder 1/8 pt
Cinnamon powder 1/8 pt
Ginger powder 1/8 pt
Black Pepper powder 1/8 pt
Ghee
Raw Honey

Directions:

Start by making your powder portion. I recommend making a large batch because these never go bad and don't even need to be refrigerated! You can make 1 part equal whatever unit you want, so, for example, for the recipe above if you make 1 part equal 1 cup then you'd be using 1 cup turmeric powder and 1/8th cup each (or 2 tbsps) for the cardamom, cinnamon, ginger, and black pepper. Next, add in the ghee and honey at a ratio of *approximately* 75% ghee and 25% raw honey. This is kitchen medicine, so basically what you're going for is a consistency and taste that you like. To make, I recommend adding a little of the ghee and honey at a time, then mixing, and then adding more and mixing. Keep adding the ghee and honey (you need less than you think) and mixing until it gets a dough-like consistency that you can easily roll into little balls, about 1 inch in diameter. Don't worry- your hands won't be permanently stained yellow, but watch-out because it can stain your clothes! One pound of honey and the ghee made from one pound of butter (the jar size that's usually sold in stores) will be more than enough if you decide

to make 1 part equal 1 cup. If you're a measurements person, keep track of how much powder and honey and ghee it took for you get your desired consistency and taste (maybe you like less ghee and more honey, etc) in a kitchen journal. For a daily medicinal dose of turmeric eat 1 ball/day. No need to be refrigerated. These can be also dissolved into warm milk (any kind) or water to make an instant cup of Golden Milk- my favorite way to use this paste! Ashwagandha is a lovely addition too. An alternate way to use this preparation is to use this as a spice base for a dish, simply leave-out the honey and melt on a pan and use as the ghee-spice base for whatever you're making!

