

Turmeric Milk

- 2 cups of almond, coconut, or hemp milk
- 1 tablespoon agave or honey
- 1 tablespoon virgin coconut oil
- 1 teaspoon ground turmeric
- 1 cinnamon stick or 1 teaspoon ground cinnamon
- Small pinch of black pepper
- Warm the milk and whisk to combine ingredients.
- Strain the milk if you have large pieces of ginger, cinnamon, or peppercorns.
- Drink two cups per day



Turmeric Tea

- 1/4 cup warm vegetable broth
- 1 teaspoon of turmeric
- 1 teaspoon of virgin coconut oil
- Pinch of black pepper
- Warm the broth in the microwave for about 10-15 secs then add the turmeric and stir until dissolved.
- Add coconut oil as it aids with absorption, and black pepper (piperine) may enhance bioavailability of curcumin (turmeric).

