

Soothing Spice-Infused Golden Milk

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 cup

Ingredients

1 cup lowfat (1%) milk

1/4 teaspoon ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon ground turmeric

2 teaspoons sugar-based sweetener (e.g. sugar, honey, maple syrup)

Directions

- 1. In a microwave-safe mug or a small saucepan, add the milk, cinnamon, ginger, turmeric, and sweetener. Stir to combine.
- 2. Microwave in the mug on high power (default setting) or simmer in the saucepan on the stovetop over medium heat until warmed and the flavors have infused, about 2-3 minutes in the microwave or 7-10 minutes on the stovetop.
- 3. Serve warm, or chill in the refrigerator and serve cold.

Recipe Notes

- Another milk or plant-based milk alternative (e.g. almond milk, soy milk, coconut milk) can be used, if desired. If you need extra calories, use reduced fat (2%) or whole cow's milk or a higher-fat milk alternative (e.g. full-fat coconut milk).
- This drink will keep in the refrigerator for up to 7 days. Consider making a bigger batch to enjoy throughout the week. To reheat, simply microwave for 1-2 minutes.

Nutrition Facts Per Serving: Calories: 170 | Total Fat: 5 g | Saturated Fat: 3 g Sodium: 120 mg | Total Carbohydrate: 24 g | Dietary Fiber: 0.5 g | Protein: 8 g

