

Golden turmeric milk



By nutritionist and CNM graduate Jacqueline Ryan

Turmeric is a spice with a range of health benefits. It has been used in India

and China for thousands of years due to its powerful anti-inflammatory and antioxidant properties. It is excellent for arthritis, inflammatory skin conditions, digestion, immunity, age-related diseases, heart disease, pain relief, detoxification, and even cancer prevention.

Drink Golden milk daily. The paste can be taken straight from the jar by consuming 1tsp per day straight off the spoon or adding to smoothies or natural yogurts.

Black pepper improves digestion, increases the absorption of selenium, B vitamins and beta-carotene, and has antibacterial and antioxidant properties. Raw honey is a natural energiser, a source of vitamins B2 and B6, iron and manganese and great for immune support against any colds, flus or infections.



STEP 1: Turmeric paste

- ¼ cup turmeric powder
- ½ cup spring water
- 1-2tsp ground black pepper
- 2tbsp olive oil or coconut oil

Mix water with turmeric powder in a pan and slowly heat on low-medium heat for 6-10 minutes until you get a smooth paste with medium consistency. Add black pepper and oil and mix altogether. Allow paste to cool and place into a glass jar, this can refrigerate for up to 2 weeks, or freeze.

STEP 2: Golden milk

- 1tsp organic coconut oil
- ½ - 1tsp turmeric paste
- 1-2 cups almond/coconut milk
- 1tsp raw honey

Mix all ingredients except the honey together over medium heat for 4-5 minutes. Once it is cool enough add the honey and enjoy.

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