

GOLDEN MILK

“This delicious hot drink is very good for the spine. It lubricates all the joints and helps to break up calcium deposits.” Yogi Bhanjan

1/8 tsp. Turmeric-Curcuma-Haldi

¼ cup water

8 oz. Milk- 1 1/2 cups of milk - soymilk-ricemilk or other

2 tbsp. Raw almond oil - not skip this - it is most powerful for women

honey to taste

Cook Turmeric minimum 8 (10) min in the water until it is a thick paste. If necessary add more water while cooking.

Meanwhile heat milk-not boil it - add the turmeric paste and the honey, then the almond oil drink or serve it hot

If you like to have the turmeric paste for every day, take 2-3 tbsp with half a cup water or more and cook it until a thick paste - but min. 8 min - otherwise it can be bitter.

You can store this paste in a glass with lid in the fridge and use every day 1/2 tsp with the rest of the ingredients like above.