

SPICED GOLDEN MILK

Servings: 2 | Original recipe from: therealfooddietitians.com



INGREDIENTS

16 oz. unsweetened vanilla coconut milk
1 Tbsp. plus 1 tsp. cocoa powder
3/4 tsp. ground turmeric
1/4 tsp. ground ginger
1 tsp. ground cinnamon
Tiny pinch of black pepper & ground nutmeg
2 tsp. honey or maple syrup
2-3 tsp. coconut oil

In a medium saucepan, warm coconut milk just to the point of a light simmer. Add cocoa, turmeric, ginger, cinnamon, pepper, nutmeg, honey or maple syrup, and coconut oil. Whisk vigorously or use a handheld immersion blender to combine.

Top with optional non-dairy whipped topping and a sprinkling of grated dark chocolate, if desired.