

TURMERIC "GOLDEN MILK"

Recipe

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Yield: 1 Cup Serving

INGREDIENTS:

- Milk of choice (dairy, almond, oat or coconut) 1 c.
- Turmeric (ground) ½ tsp.
- Cinnamon (ground) ¼ tsp.
- Ginger (ground, or fresh ginger grated) ⅛ tsp.
- Black pepper 1 pinch
- Honey or sweetener of choice (optional) ½ T.

MATERIALS AND UTENSILS:

For making turmeric and ginger powder

- Gloves
- Knife or slicer (mandolin)
- Cutting board
- Food dehydrator
- Grinder
- Jars, container, Ziplock bag (to store powder)

For making turmeric "Golden Milk"

- Measuring tools
- Spoon/wire whisk
- Pot
- Stove
- Cheese cloth (optional)
- Strainer (optional)

INSTRUCTIONS:

Preparation of turmeric and ginger powder

1. Clean, wash, and air-dry fresh turmeric and ginger.
2. Wear gloves to slice turmeric and ginger into ¼ inch or less pieces using a knife or a mandolin slicer.
3. Place the sliced turmeric and ginger on the tray of a dehydrator and dry at 57- 60 C (135 - 140 F) for 4-5 hours until crispy.
4. Grind the turmeric and ginger into powder with a grinder/miller or coffee grinder. Store the powder in an airtight container or Ziplock bag at ambient temperature or in the refrigerator for up to three months.

Making the Turmeric "Golden Milk"

1. **Heat the milk:** In a small saucepan, pour in your milk of choice and warm it over medium heat.
2. **Add spices:** Stir in the turmeric, cinnamon, ginger, and black pepper.
3. **Simmer:** Let the mixture heat up, stirring occasionally, until it's just about to boil. Then reduce the heat and let it simmer for a few more minutes to allow the flavors to blend.
4. **Sweeten and taste:** Add your sweetener, if desired, and taste. Adjust any spices if needed.
5. **Strain (optional):** If using fresh ginger, you may wish to strain the milk before serving.
6. **Serve and enjoy:** Pour into a mug and enjoy warm. Optional, sprinkle a little extra cinnamon on top.



Turmeric Golden Milk
(whole milk)

Nutrition Facts

1 servings per container
Serving size 1 Cup (257g)

Amount per serving
Calories 190

% Daily Value*

Total Fat 8g 10%
Saturated Fat 4.5g 23%
Trans Fat 0g

Cholesterol 25mg 8%

Sodium 105mg 5%

Total Carbohydrate 22g 8%

Dietary Fiber 1g 4%

Total Sugars 20g

Includes 9g Added Sugars 18%

Protein 8g

Vitamin D 3mcg 15%

Calcium 286mg 20%

Iron 1mg 6%

Potassium 359mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Turmeric Golden Milk
(coconut milk)

Nutrition Facts

1 servings per container
Serving size 1 Cup (253g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 5g 6%
Saturated Fat 5g 25%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 17g 6%

Dietary Fiber 1g 4%

Total Sugars 15g

Includes 9g Added Sugars 18%

Protein 1g

Vitamin D 3mcg 15%

Calcium 460mg 35%

Iron 1mg 6%

Potassium 82mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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