



URBAN MINISTRY INC.

Golden Milk

SERVES 6 PEOPLE PREP TIME: 30 MINUTES

YUM! Excellent warm beverage to start the day

INGREDIENTS

- 6 cups unsweetened coconut milk
- 1 finger tumeric
- 1 finger ginger
- 3 cinnamon sticks
- smattering of peppercorns
- smattering of cardamom
- pinch of sea salt
- ½-¾ cup of honey or maple syrup

Directions

- 1 Add coconut milk and spices to stainless steel pot and simmer for 30 minutes.
- 2 Add sweetner to taste.
- 3 Serve warm in favorite mugs.



We cover what matters.