



Lunar
LADIES



Recipe for Golden Milk

GOLDEN MILK PASTE & BEVERAGE:

Ingredients:

-2 tbsp powdered herb, or powder blend
(see recipe below)

-¼ cup raw honey-- (local honey is best)

Directions:

Mix well. It will take a little time mixing for the honey to blend with all the herbal powder.

Feel free to add a bit more honey to create a thinner paste if a sweeter blend is preferred.

Store the paste in an airtight container in the refrigerator. Consume within 2–3 weeks.

To use: Use 1 tsp of the paste in a cup (8oz) hot water. Add in a little coconut cream, or half and half for a soothing herbal golden milk.

GOLDEN MILK POWDER BLEND:

Ingredients:

-3 tsp turmeric

-1 tsp. ginger

-1 tsp. cinnamon

-¼ tsp black pepper

-¼ tsp cardamom

-¼ tsp coriander

-pinch cloves

-pinch nutmeg

(This blend can be doubled, or tripled to have more on hand--it's up to you how much to make.)

Mix all powders together and store in an airtight container.