

# Coconut Golden Milk



Are you ready for your new favorite winter beverage? Try Golden Milk! This warming Indian drink is made with coconut milk, ginger, and turmeric. It also happens to be vegan!

**Prep time:** 5 minutes    **Cook time:** 10 minutes

**Yield:** About 2 servings

## INGREDIENTS

- 1 (13.5-ounce) can full fat coconut milk
- 1 to 2 tablespoons freshly grated ginger, to taste (from a 2-inch size knob)
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- Pinch fine sea salt
- Pinch ground black pepper
- 1 teaspoon vanilla extract
- 2 teaspoons maple syrup
- Cinnamon sticks and/or ground cinnamon or turmeric, to serve (optional)

## METHOD

**1 Heat the coconut milk:** In a small saucepan over medium-low heat, warm the coconut milk until you see a little bit of steam, about 2 to 3 minutes.

**2 Add the spices:** Add the ginger, turmeric, cinnamon, sea salt, and black pepper, and gently whisk to combine. Add the vanilla extract, and whisk to combine. Take the milk off the heat, allow it to cool slightly, and add the maple syrup.

Taste the milk using a spoon, and adjust as needed. Does it need more spice? Add some ginger. Is it not sweet enough to your liking? Add a little more maple syrup. Do the flavors seem like they aren't speaking loudly enough to you overall? Add another pinch of salt.

**3 Simmer:** Let the golden milk come to a bare simmer—you might see some bubbles on the sides of the pot, you might see some frothy action on the surface—and then turn off the heat.

This step helps reintegrate the flavors after you've added the maple syrup and made any adjustment with spices. It also ensures you've got a hot beverage, not a lukewarm one.

**4 Strain and serve:** Strain off any lingering fibrous bits of ginger through a fine mesh sieve. Pour it into your favorite mug, sprinkle it with a bit more of ground turmeric and/or cinnamon, and get cozy on the couch with a blanket and your mug.