

5-MINUTE GOLDEN MILK

Creamy, easy golden milk with dairy-free milk, ginger, turmeric, and coconut oil. Naturally sweetened, incredibly healthy, and so delicious. Ready in just 5 minutes!

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★★★★★
4.88 from 149 votes

PREP TIME	COOK TIME	TOTAL TIME
1 minute	4 minutes	5 minutes

Servings: 2 (glasses)

Category: Beverage

Cuisine: Gluten-Free, Vegan

Freezer Friendly No

Does it keep? 2-3 Days

Ingredients

- 1 1/2 cups [light coconut milk](#) (canned is best, but carton works too)
- 1 1/2 cups [unsweetened plain almond milk](#) (DIY or store-bought)
- 1 1/2 tsp ground turmeric
- 1/4 tsp ground ginger (see notes for fresh*)
- 1 whole cinnamon stick (or 1/4 tsp ground cinnamon // I prefer the stick!)
- 1 Tbsp coconut oil
- 1 pinch ground black pepper
- Sweetener of choice (i.e. maple syrup, coconut sugar, or stevia to taste)

Instructions

1. To a small saucepan, add coconut milk, almond milk, ground turmeric, ground ginger, cinnamon stick, coconut oil, black pepper, and sweetener of choice (I usually add 1 Tbsp (15 ml) maple syrup // amount as original recipe is written // adjust if altering batch size).
2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
3. Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice + flavor.
4. Serve immediately, dividing between two glasses and leaving the cinnamon stick behind. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop or microwave until hot.

Notes

*If using fresh ginger, I suggest grating 1-2 Tbsp (amount as original recipe is written // adjust if altering batch size) into the mixture and then using a fine mesh strainer when serving to strain out the ginger for creamy texture.

*Nutrition information is a rough estimate calculated without sweetener.

*Recipe heavily adapted from the lovely [Nutrition Stripped!](#)

Nutrition Per Serving (1 of 2 glasses)

Calories: 205 **Fat:** 19.5g **Saturated fat:** 15.1g **Sodium:** 161mg **Carbohydrates:** 8.9g **Fiber:** 1.1g
Protein: 3.2g

DID YOU MAKE THIS RECIPE?

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