



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Golden Milk Drink

- Whole Anise Seed, Coriander, Cardamom
- Powdered Turmeric
- Fresh Ginger
- Powdered Cayenne Pepper to taste
- Milk or any Nut Milk or even canned coconut cream diluted to taste
- Honey or/and maple syrup to taste



1. Mix ½ Tablespoon of each: Anise, Coriander, Cardamom, and Turmeric.
2. Grind until seeds are cracked.
3. Slice a piece of fresh ginger.
4. Heat 2 cups of milk choice on low with ½ to 1 Tablespoon of seed mix, a slice of ginger, and more turmeric if desired and honey. Heat to almost a boil and let sit a few minutes.
5. Adjust seed mix and ginger and honey to taste.
6. Add a small pinch of cayenne or not.
7. Strain into drinking cup and enjoy!
8. Store left over spice mix in a jar.

I made 3 cups of milk and stored the strained mixture for 2 days in the fridge without the cayenne and it was a little stronger but delish.