Golden Milk

TURMERIC LATTE

By Nisha Vora- https://rainbowplantlife.com



In many Indian households, a warm cup of *haldi doodh* (turmeric milk) is a familiar gesture of care, especially when someone is feeling under the weather. Inspired by this beloved tradition, this plant-based golden milk is a delicious and comforting way to bring a little bit of India into your home.

PREP	COOK	TOTAL	SERVINGS
15 MINUTES	15 MINUTES	30 MINUTES	2

INGREDIENTS



2 cups (480 mL)
coconut, almond or oat milk



1 ½ teaspoons
ground turmeric
(or 1 ½ tablespoons freshly grated)



1 teaspoon
ground ginger
(or 1 tablespoon freshly grated)



½ teaspoon
ground cinnamon
(or 1 large cinnamon stick)



½ teaspoon
ground cloves
(or 1–2 whole cloves, optional)



½ teaspoon
ground cardamom
(or 2–3 pods, crushed, optional)



¼ teaspoon
freshly cracked black pepper



1 tablespoon
unrefined virgin coconut oil



1 tablespoon
pure maple syrup (optional)

1. Add the milk to a small saucepan over low heat. Add turmeric, ginger, cinnamon, cloves (if using), cardamom (if using), and black pepper. Whisk until well combined.
2. Bring the mixture to a gentle simmer, but do not boil. Let it simmer for 5–10 minutes, whisking occasionally, until smooth and hot. (Alternatively, you can warm the milk in the microwave and then whisk in all the ingredients.)
3. Remove from heat. If you used whole spices, strain the mixture through a fine mesh sieve and discard the solids.
4. Stir in the coconut oil and maple syrup (if using). Taste and add more maple syrup if needed.
5. Use an electric frother to froth the latte, if desired.

TIPS

- Use a creamy plant-based milk like out milk for the best texture. Coconut milk works beautifully.
- If you're new to turmeric, start with 1 teaspoon (or even ½ teaspoon) and adjust to taste.
- Feel free to skip the frothing step if you don't have a frother — it will still be delicious!