



Immune Builder Golden Milk

Ingredients:

Ginger root: enough to make 2 tablespoons juice

Turmeric root: enough to make 2 tablespoons juice

2 cups milk your choice dairy or non-dairy

1 cinnamon stick

4 whole black peppercorns

Raw honey to taste or sweetener of choice

Optional: 1 teaspoon flax seed oil

Directions:

Wash, dry and cut up ginger and turmeric to fit Omega Juicer chute. No need to peel.

Place 2 cups milk, the ginger and turmeric juice, cinnamon stick and peppercorns in a saucepan.

Simmer, covered, 10 minutes.

Remove from heat and strain.

Stir in honey and flax seed oil.



JUICERS SOUTH AFRICA

recipe sourced from Omega Juicers USA

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