

golden milk

 **Author:** Iosune  **Cook:** 5 mins  **Total:** 5 mins  Drinks  Indian  Vegan



4.8 from 16 reviews

Servings **2** *Tap or hover over number to scale servings*

ingredients

- 2 cups plant milk of your choice (500 ml), I used unsweetened soy milk
- 2 tbsp maple syrup
- 1 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract (optional)
- 1/4 tsp ground ginger (optional)
- A dash of ground black pepper

instructions

- 1 Add all the ingredients to a saucepan, stir until well combined, and cook over medium heat until hot (about 3-5 minutes). Stir occasionally.
- 2 Serve your golden milk immediately.
- 3 Keep the leftovers in an airtight container in the fridge for 3-4 days. Reheat on the stovetop or microwave until warm enough.

nutrition

Serving Size: 1/2 of the recipe **Calories:** 161 **Sugar:** 14.3 g
Sodium: 19 mg **Fat:** 5.1 g **Saturated Fat:** 0.6 g **Carbohydrates:** 19.3 g
Fiber: 2.8 g **Protein:** 10.1 g

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