

Holiday Treats

Fall 2023

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Golden Milk Mix

Serves 15 (1 teaspoon servings)

Time 5 minutes

Vegan

Common Allergens Check milk label

Recipe from [Minimalist Baker](#)

Ingredients

- 4 tablespoons ground turmeric
- 2 teaspoons ground ginger (or more to taste)
- 2 teaspoons ground cinnamon (or more to taste)
- 1 teaspoon ground black pepper (or more to taste)

ADD-INS (optional)

- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom

TO MAKE GOLDEN MILK

- 1 heaped teaspoon Golden Milk Mix (recipe above)
- 1-2 teaspoons sweetener of choice
- 2 teaspoons hot water
- 1 cup dairy-free milk



Instructions

1. To make mix, add all spices (add-ins optional) to a small jar and shake or stir thoroughly to combine. Will keep at room temperature up to 3 months. Or you can store it in the refrigerator if you prefer. Double the recipe if you intend to use it daily (it goes fast!).
2. To make HOT golden milk, add 1 heaped teaspoon Golden Milk Mix, 1-2 teaspoons sweetener of choice (more or less to taste), and 2 teaspoons water to a small saucepan. Use a spoon to mix into a loose paste (you want as few clumps as possible). Then add dairy-free milk of choice and whisk to combine. Heat over medium heat until just hot/warm (not boiling).
3. To make ICED golden milk, add 1 heaped teaspoon Golden Milk Mix, 1-2 teaspoons sweetener of choice (more or less to taste), and 2 teaspoons water to a serving glass. Use a spoon to mix into a loose paste (you want as few clumps as possible). Then add several big ice cubes and top with dairy-free milk of choice. Stir to combine.

Recipe from [Holiday Treats, Fall 2023](#)