FRESH FROM THE GARDEN TASTINGS

Golden Milk



Ingredients

1 Tablespoon coconut oil
1 teaspoon turmeric
1 inch ginger knob, peeled and minced
1 star anise
5 peppercorns
¼ teaspoon ground cinnamon
2 ½ cups oatmilk
1 teaspoon vanilla extract
1 Tablespoon honey
Dash of nutmeg

Serves 1

Instructions

In a small saucepan over medium heat, melt coconut oil. Add turmeric, ginger, star anise, peppercorns, and cinnamon. Stir until all are folded into the coconut oil, and you can smell the spices–about 30 seconds. Do not burn. Add the oatmilk and vanilla extract. Let simmer for 5–10 minutes: the longer it simmers, the stronger the flavors.

To serve, add 1 Tablespoon honey to a jar with a tight-fitting lid. Remove the golden milk from the stove, let cool, and use a fine-mesh strainer to pour it into the jar. Close the lid of the jar and shake well until the oat milk is frothy. To serve, add a dash of nutmeg on top.