

Soothing Spice-Infused Golden Milk

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 cup

Ingredients

- 1 cup lowfat (1%) milk
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- 2 teaspoons sugar-based sweetener (e.g. sugar, honey, maple syrup)

Directions

1. In a microwave-safe mug or a small saucepan, add the milk, cinnamon, ginger, turmeric, and sweetener. Stir to combine.
2. Microwave in the mug on high power (default setting) or simmer in the saucepan on the stovetop over medium heat until warmed and the flavors have infused, about 2-3 minutes in the microwave or 7-10 minutes on the stovetop.
3. Serve warm, or chill in the refrigerator and serve cold.

Recipe Notes

- Another milk or plant-based milk alternative (e.g. almond milk, soy milk, coconut milk) can be used, if desired. If you need extra calories, use reduced fat (2%) or whole cow's milk or a higher-fat milk alternative (e.g. full-fat coconut milk).
- This drink will keep in the refrigerator for up to 7 days. Consider making a bigger batch to enjoy throughout the week. To reheat, simply microwave for 1-2 minutes.



**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 5 g | Saturated Fat: 3 g
Sodium: 120 mg | Total Carbohydrate: 24 g | Dietary Fiber: 0.5 g | Protein: 8 g**

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