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## **Golden Milk Recipe**

*Yogic Science Nutrition recommends that it is best to drink this an hour before or an hour after eating a meal rather than during a meal.*

*1/4- 1/2 teaspoon Turmeric*

*1/3 cup water*

*8 oz milk (dairy or non-dairy)*

*1 tablespoon raw almond oil*

*Honey to taste (optional)*

*Boil Turmeric in water for about 8 minutes. If too much water boils away add a little more. Add milk and almond oil. When mixture boils, remove from heat and add honey (if desired). Enjoy  
Makes 1-1 ½ cups of Golden Milk.*

*Recipe credit: Kunalini Yoga by Shakta Kaur Khalsa*