

# Christi's Clean Golden Milk



**PREP TIME:**  
5 MINUTES

**COOK TIME:**  
N/A

**TOTAL TIME:**  
5 MINUTES

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**Recipe type:** Gluten Free / Dairy Free / Vegan

**Yield:** 2 Servings

## Ingredients:

- 16 oz. Non Dairy Organic Milk (*I use Coconut Milk – Organic So Delicious Brand*)
- 3 Tablets Turmeric Curcumin [Purchase Here](#)
- ½ Teaspoon Cinnamon
- ¼ Teaspoon Ginger
- 1 or 2 Pitted Medjool Dates (based on size) or 1 – 1 ½ TBSP Organic Pure Maple Syrup
- ½ Teaspoon Vanilla
- ***Cleanse Friendly Version is with the Medjool Dates***

## Instructions:

1. Add all ingredients to a blender cup. Blend until turmeric is dissolved and dates are thoroughly blended – about 20 seconds.
2. If doing the syrup option, skip step 1 and go to step 3.
3. Pour contents into a small sauce pan.
4. Warm on medium heat for 3-5 minutes. Pour into 2 of your favorite mugs and sprinkle the top with cinnamon or pumpkin pie spice. Enjoy!

**\*Try and use all organic ingredients if possible.**