INDIAN · DRINK

Golden Milk with Turmeric, Ginger and Cloves

5 min · Serves 2 · 63 kcal a serve · Video 5:10 · AUMcuisine

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed

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A warming, caffeine-free drink with barely any sugar (half a teaspoon of honey a glass). Fortified almond milk keeps it light, at about 60 kcal, while giving about a third of a day's calcium.

Diet notes: Low saturated fat (0.1 g, 1% of the energy); DASH-friendly (170 mg sodium a serve).

Ingredients 8 · SERVES 2

- [ ] 470 ml **almond milk**
- [ ] a few pieces of **fresh turmeric root**, cut up (optional)
- [ ] 1 level tbsp **ground turmeric** (1¼ tbsp without fresh root)
- [ ] 6 **cloves**, lightly crushed
- [ ] ½ tsp **ground cinnamon**
- [ ] 1 tsp shredded **fresh ginger**
- [ ] 3 big pinches **black pepper**
- [ ] ½ tsp **honey** per glass

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour the almond milk into a small saucepan over medium heat. Add a few cut pieces of fresh turmeric root, if you have it. 1:06
2. Crush the cloves lightly in a mortar and add them with the cinnamon, ginger, black pepper and turmeric. 1:36
3. Bring to a gentle simmer and let the spices infuse for 1½–2 minutes. 2:33
4. Take off the heat, strain through a fine sieve if you prefer it smooth, and pour into two cups. Stir ½ tsp honey into each. 3:28

> **Tip** Without fresh turmeric root, use an extra ¼ tbsp ground turmeric. Dairy or soy milk works too and adds protein. Add the honey after taking it off the heat.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
63 kcal 260 kJ	1.9 g 4% of a day	8 g 5.8 g net · 3.1 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
2.2 g 8% of a day	2.8 g 0.1 g saturated 4% of a day	170 mg 8% of a day

Energy from net carbs 41% · protein 14% · fat 45%

High in (20%+ of a day) Vitamin E 46% · Calcium 35%

Source of (10–19%) Iron 16% · Vitamin D 12%

Recipe and video: AUMcuisine (@AUMcuisine) on YouTube — youtube.com/watch?v=4fAaKBfSGkI, published 23 November 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/aum-golden-milk