

Haldi Ka Doodh Hot Turmeric Milk

Oscar · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1

Description

Turmeric milk is a great home remedy for cough congestion colds and skin problems This winter replace your usual hot cocoa with an invigorating cup of wellness bonus points for jammies and slippers Turmeric can stain clothing and countertops so wear an apron and proceed with caution

Ingredients

- - ¼ teaspoon ground turmeric
- or to taste - ¼ teaspoon ground cardamom - ? teaspoon ground black pepper - 1 pinch ground ginger - 1 pinch ground cloves - 1 pinch ground allspice - 1 cup milk - ¾ teaspoon honey
- or to taste - ? teaspoon vanilla extract

Instructions

1. Whisk together turmeric
2. cardamom
3. black pepper
4. ginger
5. cloves
6. and allspice in a small bowl; set aside. Heat milk in a small saucepan over medium heat until heated through
7. 3 to 4 minutes; stir honey and vanilla into milk until completely dissolved. Whisk 1 teaspoon turmeric mixture into milk mixture; reduce heat to medium-low and simmer until flavors blend
8. 2 to 3 minutes. Pour mixture through a strainer. Recipe Tips You can use any milk (2%
9. soy
10. coconut
11. almond
12. etc.) in this recipe. You can substitute agave nectar for honey.