

TURMERIC PASTE BY SUZ'N

R E C I P E



Ingredients

- 1/2 cup turmeric (curcumin) powder
- 1 tablespoon ground cinnamon
- 1 teaspoon ginger juice, or freshly grated ginger
- 1/2 teaspoon black pepper
- 1/2 teaspoon black cumin seed oil
- 1/3 cup coconut oil
- 1 cup water
- 1/4 cup honey (or to taste)

Other Options:

- Maple syrup (in place of honey)
- Add 1/4 cup raw tahini (sesame paste)

Directions

- Place all ingredients in a small saucepan over medium heat
- Whisk to combine all ingredients well until they form a paste and oil is fully melted
- Transfer to a jar with a lid and let cool to room temperature
- Store in refrigerator up to two weeks (but it will be used before then!)
- Add a teaspoon to hot milk of choice to make turmeric golden milk

Other Options:

- Use with any milk product such as plain yogurt, smoothies or vanilla ice cream
- Pairs well with coconut, banana, pumpkin and nut butters
- Use on pancakes, waffles, muffins, zucchini bread, toast and nut butters

