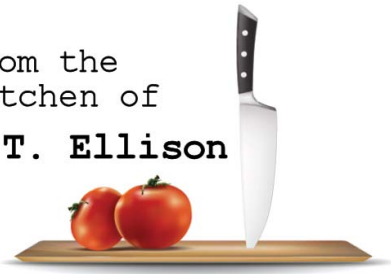


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1 cup Coconut Milk
- ✓ 1 cup Chai Tea
(I use [Oregon Trail Sugar Free Chai Tea Latte Concentrate](#)—a chai tea latte concentrate makes your drink more frothy!)
- ✓ 1 scoop Golden Milk Powder
(I use [Jarrow Formula](#))

Golden Milk

(makes 2 cups, because sharing is caring)

Golden Milk is filled with cinnamon and warming spices, and has the added benefit of being oh-so healthy. The drink gets its signature color from turmeric, which has been used for centuries to reduce inflammation and boost the immune system. And for us ladies of a certain age, turmeric is a godsend. The best thing for evening out those grumpy moods...

This particular recipe was gifted to me by Amanda Dorward at Book Passage, and I swear by it.

Directions

1. In a medium saucepan or microwave-safe dish, heat the coconut milk and chai tea concentrate.
2. While the liquid is heating up, add the powder to the cup(s).
3. Pour the hot liquid into the cup very slowly, whisking all the while.
(FYI: If you add powder to the milk, the mixture will clump. Gross.)
4. Keep whisking until the mixture is frothy and warmed through. I often put my finished drink in the microwave for a few seconds, then stir once more.
5. Sip and enjoy!

As seen in J.T. Ellison's newsletter. For more recipes, visit [JTEllison.com](#).

Want a bubbly suggestion? Check out J.T.'s wine blog, [The Wine Vixen](#), at [TheWineVixen.com](#).

