

# Golden Paste (for making Golden Milk)

1C water  
1/2 C turmeric powder  
2T black pepper  
2T cinnamon  
1T ginger  
1T cardamom  
1tsp nutmeg  
1/2 C coconut oil

{\*For progesterone boosting, use 1/2 cup chaste tree berries in 1 1/2 cup boiled water & steep 15-20 min. Add 2 oz licorice root powder & 2 oz ashwaganda root powder. Add all remaining tea (after straining berries) in place of the water called for in the recipe.}

Mix turmeric and water in a shallow sauce pan over low/medium heat for 5-7 minutes, until a thick paste is formed. Remove from heat, and mix in the rest of the ingredients. When thoroughly combined, allow to cool, and store in a quart jar in the refrigerator.



For Golden Milk:

Mix 1-2 T Golden Paste with 8-10oz of freshly boiled water, honey to taste, and a splash of coconut milk.