

Warm Turmeric Cinnamon Milk

In a small saucepan, gently heat 1 cup of milk of your choice with 1 tsp honey & 1 tsp coconut oil. (optional)
Remove from heat.
Whisk in 1 tsp spice mix.
Sprinkle with a little ground pepper. Stir with a cinnamon stick. Enjoy!

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