



Keto Golden Milk

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

Nutrition Information Per Serving

351.7 calories, 4.84 g carbohydrate, 0.74 g fiber, 4.1 g NET carbs, 2.44 g protein, 38.25 g fat

Ingredients

- 1 cup filtered water
- 1/2 tsp(s) cinnamon
- 1/4 tsp(s) vanilla extract, alcohol free
- 1/4 tsp(s) ginger powder
- 1 pinch black pepper
- 1/10 tsp(s) ground cloves
- 2 Tbsp(s) virgin coconut oil
- 1/3 Tbsp(s) ground turmeric
- 1 cup coconut milk (full fat)

Preparation

1. Note: Tumeric will stain porcelin and plastic. Use stainless steel for this recipe.
2. Add coconut milk, coconut oil and water to a small saucepan on medium-low heat and stir to warm.
3. Add a pinch of cloves and reserve the rest. Sprinkle in remaining ingredients and whisk well, until everything is dissolved. Optional to transfer to a Nutribullet or use an immersion blender to froth.
4. Taste to adjust spice with more ground clove.
5. Remove from heat and serve warm, or allow to cool and serve over ice or blended.

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