

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *February* -

HONEY

HONEY GOLDEN MILK

2 cups milk of choice (*dairy, almond, coconut, soy*)

1.5 tbl honey

1 tsp powdered turmeric

1/2 tsp vanilla

1/2 tsp ground cinnamon

1/2 tsp freshly grated ginger

1/8 tsp fresh ground black pepper

1/2 tbl coconut oil (*optional*)

Place all ingredients, except honey, in a small pot over medium heat. Whisk together and bring to a boil and then let simmer on low for 3-5 minutes. Remove from heat and stir in honey. Strain into cups and enjoy! It is delicious cold as well, just let cool and store in fridge.

Recipe by Gabrielle Sullo



For more information visit

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