

Turmeric Tonic

Yield: 6 servings

Gluten-free
FODMAP friendly

RECIPE CUSTOMIZATION

To make it dairy-free, swap milk with unsweetened oat, hemp, flax, rice, or almond milk

Ingredients

2 cups water
2 inches turmeric, freshly peeled and sliced
1 inch ginger, freshly peeled and sliced
¼ tsp cinnamon, ground
1 tsp black peppercorns, broken
2 Tbsp coconut nectar
4 cups milk (dairy, flax, coconut, or almond)
1 pinch salt, kosher
2 Tbsp coconut oil (optional)

Directions

1. Place water (2 cups), turmeric (2 inches), ginger (1 inch), cinnamon (¼ tsp), and black peppercorns (1 tsp) in a blender, and pulse until all ingredients are pea-sized or smaller.
2. Pour mixture into saucepan.
3. Add coconut nectar (2 Tbsp), milk (4 cups), and salt (1 pinch).
4. Heat over medium flame until simmering.
5. Lower heat and maintain a low simmer for five minutes.
6. Put through a fine mesh strainer and discard solids.
7. If serving hot, whisk in coconut oil (2 Tbsp) for a richer tonic. If serving cold, do not add coconut oil as it will solidify when cold.



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Nutrition Facts

Serving size 1 (9oz)

Amount Per Serving	256g
Calories	141
% Daily Value	
Total Fat 9.1g	14%
Saturated Fat 7.1g	35%
Cholesterol 13mg	4%
Sodium 467mg	19%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	3%
Sugars 8g	
Protein 6g	12%
Vitamin A	6%
Vitamin C	1%
Calcium	21%
Iron	8%