

# GOLDEN MILK

In the heart of the Wild Squatch Forest, Lady Bigfoot savors her golden milk under the glow of moonlight, the warming spices a balm for her soul after a day of tending to the wild. Meanwhile, Sassy Squatch brews her own fiery twist, a dash of cayenne igniting her spirit as she plans her next bold adventure. Though their paths may differ, this vibrant elixir brings them together—a shared sip of warmth, wellness, and a reminder that even the wildest hearts need moments of comfort.

## Ingredients:

- *1 cup milk or milk of your choice (dairy, soy, or nut)*
- *1 t turmeric powder or 1-inch fresh turmeric root, grated*
- *1/4 tsp ground cinnamon*
- *1/8 tsp ground ginger (or 1/4 tsp grated fresh ginger)*
- *Pinch of black pepper (enhances absorption of turmeric's curcumin)*
- *Pinch of cardamom or nutmeg*
- *1 tsp honey or pure maple syrup (to taste)*



1. In a small saucepan, gently heat your choice of milk over medium heat. Do not boil.
2. Whisk in turmeric, cinnamon, ginger, black pepper, and any optional spices.
3. Reduce heat to low and let the mixture simmer for 3–5 minutes, whisking occasionally to combine and avoid settling of spices.
4. Stir in your sweetener, coconut oil or ghee, and vanilla extract (if using).
5. If using fresh turmeric or ginger, strain the milk to remove solids.
6. Pour into your favorite mug, sprinkle with a touch of cinnamon or nutmeg on top, and enjoy!