

## Golden Milk aka Turmeric Tea

Making your own golden milk is simple and healing. It supports digestion, immune function, the liver and will help with relaxation.

### Ingredients

1 cup of almond or coconut milk  
1 tsp turmeric powder  
1 tsp coconut oil  
1/2 tsp cinnamon  
pinch of black pepper (increases absorption)  
1/4 tsp ginger powder or fresh, ground ginger root

### Add any of the following for extra flavor and health benefits:

Ground cardomom  
Vanilla (extract or pods)  
Raw honey or stevia



### Directions

1. Blend all ingredients until smooth.
2. Pour into a small saucepan and simmer for 5-10 minutes until hot but not boiling.
3. Enjoy!

## *Immune-boosting Broccoli with Garlic*

*Simple, delicious....and packed with super food nutrients.*

### **Ingredients**

- 8 cups broccoli (about 2 lbs)
- 1/4 cup avocado oil or extra-virgin olive oil
- 6 to 8 cloves garlic, crushed
- 1 tbs finely-grated lemon zest (about 1 lemon)
- 1/4 tsp salt or truffle salt
- 1/4 c chopped fresh parsley
- 1 pinch of red pepper flakes (optional)



### **Directions**

- 1.Preheat the oven to 400F.
- 2.Toss the broccoli florets and stems with the avocado oil, garlic, lemon zest, and salt.
- 3.Roast in a casserole dish or baking sheet until the edges are turning brown and the broccoli is fully cooked, stirring once half-way through cooking. Sprinkle with a pinch of red pepper flakes if you prefer a little heat.
- 4.Remove from the oven and toss with the fresh parsley.
- 5.Optional: for some extra zing, reserve the juice from the lemon and squeeze over the broccoli right before serving!
- 6.Enjoy!