

MAKE YOUR OWN GOLDEN PASTE

Golden Paste is a blend of turmeric, black pepper and coconut oil. The blend is important as it helps improve the way that the turmeric is absorbed in the body. Plain turmeric powder or juice is much less effective.

Turmeric has anti-inflammatory properties and is great for liver detox. There is promising research in the area of cancer prevention too.

Dosage instructions: 1/2 tsp, twice a day to start with – great as a preventer. Build up to 1 tsp two or three times a day as anti-inflammatory needs dictate. Doses are best spread out as there's only so much your body can absorb at once. For cancer prevention, or if you have any medical issues/treatments/medications, please discuss first with Catherine.

Keeps in the fridge for two-three weeks. If you won't use it all by then, freeze 1/2 tsp amounts on wax paper on a baking sheet, then peel off and store in a ziplock in the freezer.

Really easy added to a smoothie, oatmeal or yoghurt. Some people find mixing it into apple sauce is fine as well. You can add it to curry to boost overall nutrition. It's delicious in a Golden Latte too (caffeine free) – recipe below

GOLDEN PASTE RECIPE

(Make as much or as little as you like based on these ratios):

- 1/2 cup ground turmeric
- 1 cup water
- 1.5 tsp finely ground black pepper
- 1/3 cup Extra Virgin coconut oil

METHOD

Add the turmeric and water to a pan and stir over a medium heat until combined. Raise the heat so that it cooks for 3-4 minutes. Stir constantly and add a little more water if need be. You should end up with a thick paste (if not, cook a little longer!) Take off the heat and stir through the black pepper and the coconut oil – I find a hand whisk is best for even distribution of the pepper. Allow to cool and then store in an air-tight glass container.

HOME-MADE GOLDEN MILK

- 1 – 1.5 cups of unsweetened plant-based milk (hemp, coconut, flax etc.)
- 1/2 tsp Golden Paste
- 1/2 - 1 tsp. honey or maple syrup
- Pinch ground ginger
- Few drops of vanilla essence

METHOD

Blend in a blender and then heat stove top! You can skip the blender but then you just need to be more patient on the stove top

 approved recipe