



Everything
HERBAL

BY CHERYL JABZ



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Slim TURMERIC Milk

WEIGHT-LOSS FRIENDLY

INGREDIENTS:

- 2 cups unsweetened almond milk (or other unsweetened plant milk)
- 1 tsp ground turmeric
- 1/2 tsp cinnamon
- 1/2 tsp ginger (fresh grated or ground)
- Pinch of black pepper
- 1/2 tsp vanilla extract (optional, helps flavor without sugar)
- 0–1 tsp honey or monk fruit/stevia (optional)

Optional metabolism-friendly add-ins

- 1 tsp apple cider vinegar (very small amount, helps blood sugar balance for some people)
- A pinch of cayenne pepper (mild thermogenic boost)
- 1 tsp chia seeds (adds fiber and keeps you fuller longer)

INSTRUCTIONS:

Add almond milk, turmeric, cinnamon, ginger, and black pepper to a small saucepan. Warm gently over medium-low heat while whisking. Heat for about 5 minutes (do not boil). Remove from heat and stir in vanilla and optional sweetener. Pour into a mug and enjoy warm.

WELLNESS NOTES



Warm milk helps relax the body, while the calming properties of TURMERIC may support a more restful night's sleep—making TURMERIC milk a popular bedtime drink.



It may also support healthy weight management by helping regulate metabolism and reduce inflammation when paired with a balanced diet and active lifestyle.



Additionally, its antioxidant properties help fight free radicals, which can improve skin clarity and promote a natural, healthy glow.



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