

Everything Herbal

by Cheryl Jabz

Berberine & Turmeric Milk

Best for: inflammation & relaxation

INGREDIENTS

- 1 cup milk
- 1/4 tsp berberine
- 1/2 tsp turmeric
- Pinch black pepper
- 1/4 tsp cinnamon
- Honey to taste

INSTRUCTIONS



Warm milk →
whisk ingredients → serve.



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