

Golden Paste

INGREDIENTS:

- 1/2 cup (125 ml / 60g) turmeric powder
- 1 cup water (250 ml) plus 1 cup of water extra in reserve, if needed
- 1/3 cup (70 ml) coconut oil (use raw, unrefined, cold-pressed)
 OR substitute with linseed oil (flaxseed)
 OR olive oil (use virgin / extra virgin)
- 2 - 3 teaspoons freshly cracked black pepper

Bring Turmeric and water to a boil the lower the heat and simmer for 7-10 minutes. It should become thick and you may need to add water. Cook for 7- 10 minutes.

Remove from heat and cool. Stir in and mix well the oil and freshly cracked pepper.

Store in the refrigerator or freeze a portion.

Start by taking 1/4 teaspoon twice a day. Frequency and amount can be increased if this is tolerated.

This recipe can be used for people and pets but please not if you are on any sort of prescription medication please check with your doctor regarding interactions.

For more information I suggest visiting: tumericlife.com