

DIY Turmeric Bombs

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Ingredients:

- ¼ cup of coconut oil
- ¼ cup of turmeric
- 1 tablespoon dried ginger
- 1 teaspoon black pepper

Instructions:

In a small pot or saucepan, melt the coconut oil over low heat until mostly melted. Add the spices, and stir to combine with a whisk. Let heat for about 15 seconds or so, and then remove from the heat.

Place the silicone mold on something flat such as a sheet pan. Using a spoon or heat-safe spatula as needed to scrap the spices off the bottom of the pan, spoon the mixture into the silicone mold (I use 1 teaspoon molds).

Put in the refrigerator or freezer until solid. Pop the turmeric bombs out, and place in a jar. Keep in the refrigerator (should keep for a long time).

Golden Milk Using Turmeric Bombs

Heat 1 cup of milk of choice (I use a combination of coconut cream and water) with 2 teaspoons of honey and a splash of vanilla extract. Add 1 turmeric bomb once the milk is warm and whisk to combine once it's melted.

Golden Sipping Broth Using Turmeric Bombs

Heat 1 cup of chicken broth. Add 1 turmeric bomb (or 2), 1 tablespoon of coconut cream (optional) and salt and pepper to taste. Whisk and serve.