

Coconut Golden Milk



by
DR. JOCKERS

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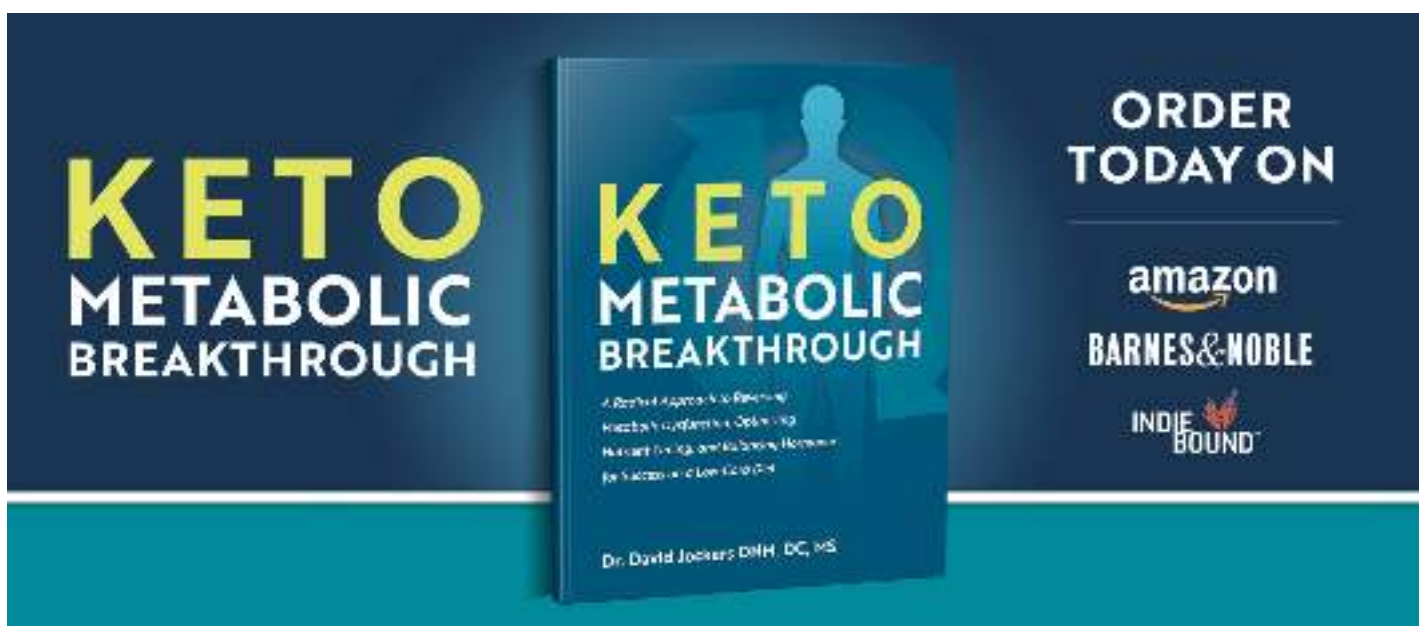


Golden Milk

This golden milk is a tasty recipe made by my wife Angel, who loves to make food and home and body care recipes that support people's journey to optimal health. Check out my wife's [website](#), [instagram](#) and [facebook page](#) where she shares stories and pics about our life.

She also has a great [YouTube channel](#) you can check out as well. We know that you will LOVE this golden milk recipe!

If you enjoy recipes like this, you may be interested in my advanced nutrition and recipe book the [Keto Metabolic Breakthrough](#).



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Golden Milk

prep: 5 mins

cook: 7 mins

total: 12 mins

author: angel jockers

yield: 2 - 3/4 cup servings

Ingredients:

1/2 can [coconut milk](#)

1/2 cup of filtered water

1 tsp organic [turmeric powder](#)

1 tsp organic [cinnamon powder](#)

5-8 drops [liquid stevia](#)

Pinch of black pepper

Instructions:

Step 1: Over medium heat, pour coconut milk and water into cooking pot and add turmeric, black pepper and cinnamon powder. Stir until well blended.

Step 2: Let mixture simmer for about 5 mins and add stevia drops. Stir one more time and remove from heat.

Step 3: Pour into cup and serve the golden milk immediately.

courses: beverage

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 180

% Daily Value

Total Fat 18 g

28%

Total Carbohydrates 1 g

0%

Protein 1.5 g

3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Special Notes:

Feel free to add in more spices like nutmeg to make the golden milk more flavorful if you wish. To improve the flavor we use stevia, which is an all natural sweetener that doesn't impact your blood sugar. You can adjust the dosage of stevia depending upon how sweet you like it.

If you want some good quality protein with this to make it a full meal replacement, than I like adding in **Collagen Peptides** which has collagen protein that supports healthy joints, skin, hair, nails and helps to heal the gut lining.

You may not want to have this golden milk as a meal replacement but something you sip with meals. After you make one serving, it will stay good for 24-48 hours in the refrigerator and you can always heat it up on the stove top or in a convention oven to make it warm. I find it much more enjoyable when it is warm as opposed to cold out of the fridge!



Dr Jockers Comments

Golden milk is a classic Indian drink that is full of healthy fats and anti-inflammatory polyphenol compounds that improve the brain and the body. This golden milk recipe has 0 grams of sugar and is both ketogenic and autoimmune friendly and helps to heal leaky gut syndrome.

If you are looking to keep inflammation down in your body than improving your blood sugar stability by taking out sugar and starch and replacing with healthy fats like coconut is a great first step. The second step is to add in more **anti-inflammatory herbs** such as turmeric and cinnamon like we have in this golden milk recipe.

We also know that the polyphenols in turmeric absorb into our system best when combined with fat such as we have in the golden milk recipe. This golden milk is a staple drink we recommend for anyone with chronic inflammation and autoimmunity. Try it out and let us know how you enjoyed it in the comments section below.



TURMERIC

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- ✓ Improves Digestion
- ✓ Supports Healthy Inflammation Levels
- ✓ Supports Liver Health
- ✓ Improves Insulin Sensitivity
- ✓ Reduces Oxidative Stress
- ✓ Immune Booster
- ✓ Improves Metabolism
- ✓ Supports Healing Processes
- ✓ Supports Healthy Cholesterol Levels

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Yes

No



Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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Comments

comments

Comments

Janet Malone

May 7, 2019 at 11:41 am



I'm curious is using therapeutic grade black pepper essential oil would work....

[Reply](#)

Dr. Jockers

May 7, 2019 at 2:12 pm

Hi Janet, Research indicates that black pepper essential oil does have biologically active compounds including piperine which enhances curcumin. Be sure to properly dilute essential oils when cooking. This article offers some tips: <https://drjockers.com/benefits-cooking-essential-oils/>

[Reply](#)

Gina

May 7, 2019 at 12:58 pm

Keep in mind, Dr. Jockers adheres to and promotes a ketogenic lifestyle. Banana would add carbs.

Reply

Dr. Jockers

May 7, 2019 at 2:14 pm

Yes, Thanks for sharing that Gina!

Reply

Pat Hrehowsik

May 7, 2019 at 10:17 pm

Hi can you tell me, this drink seems like a lot of calories an high in fat. When are you supposed to drink this with a meal, or apart from the meal?? is it supposed to take the place of something? just not sure where to fit this in. is it supposed to take the place of a fat? Also does it have to be coconut milk can you use almond milk? Would like to try it. Thank you!!

Reply

Dr. Jockers

May 8, 2019 at 11:54 am

Hey Pat, The healthy fats in the coconut milk helps the antioxidants best absorb into the body. You can have it alongside meals. I also recommend it as a great drink to have to end intermittent fasting.

Reply

Sandy

May 21, 2019 at 8:21 am

Do you shake the can of coconut milk to combine it, or just use the cream?

Reply**Dr. Jockers**

May 21, 2019 at 4:41 pm

Hi Sandy, Yes, I recommend mixing the cream and the liquid before pouring.

Reply**chris**

September 6, 2019 at 9:58 am

And what if you are allergic to coconut milk? I have a latex allergy which makes me have a reaction to coconut, shea butter, cocoa butter, aloe vera (they all are on the latex food allergy list)?

Reply**Dr. Jockers**

September 8, 2019 at 9:53 am

In that case, I would avoid the coconut milk. You can try it with almond or hemp milk

Reply**Dr. Jockers**

September 8, 2019 at 7:30 pm

Hi Chris, You can try the recipe with another type of milk that you prefer and add a tsp of ghee or grass-fed butter. It may not be as heavy as the original recipe but still tasty and nutritious!

[Reply](#)

Yvonne

October 27, 2019 at 10:06 pm

What size can of coconut milk are you using for this recipe?

[Reply](#)

Dr. Jockers

October 28, 2019 at 6:33 am

A 13.5 oz can. Here it is <https://amzn.to/2qSEogf>

[Reply](#)

Yvonne

October 28, 2019 at 10:11 pm

The recipe says it yields 2 3/4 cups but 1/2 cup of water and 1/2 can (200 ml) of coconut milk is not quite 1 1/2 cups. I was wondering if the yield amount is wrong or if more water or coconut milk should be used to equal 2 3/4 cups. Then again, the video calls for 1 cup of the milk but no water. I guess there are different ways to make it based on preference.

[Reply](#)

Dr. Jockers

October 29, 2019 at 11:01 am

These are all approximate amounts and when you add in the herbs it adds a little more volume.

[Reply](#)

Dr. Jockers

October 29, 2019 at 11:02 am

If you use a thinner milk that is already diluted than you don't need to add water.

Suz

August 26, 2023 at 10:48 am

Re-read the first part of the recipe , it clearly shows 2 – 3/4. There is a dash in between the 2 and 3/4. You mis-read the amount.

[Reply](#)

la

February 18, 2020 at 2:42 pm

I'll use flax milk or coffee, or tea or just water. Also use pepper and honey.

[Reply](#)

la

February 18, 2020 at 2:45 pm

Also, ginger!

[Reply](#)

Dr. Jockers

February 19, 2020 at 6:43 am

Thanks for sharing!

[Reply](#)

Abbie Blowers

February 3, 2022 at 8:17 pm

I use the coconut milk in carton, found in the refrigerator section with milks. Is that ok?

It is delicious, my bedtime warm drink.

[Reply](#)

Lynds

February 8, 2022 at 6:09 pm

I'd also like to know this 😊

Also is there a preferred time to drink? I'm just starting on the fasting journey... so could I drink this first or should it be last thing I take? Or does it not matter? Thank you for sharing and all that you do to help!

[Reply](#)

Dr. Jockers

February 9, 2022 at 2:43 pm

This is best to consume with or just before your meal.

[Reply](#)**Dr. Jockers**

February 9, 2022 at 1:54 pm

Yes it is Abbie! Blessings to you!

[Reply](#)**Randi**

February 25, 2022 at 12:02 pm

Can you use freshly grated tumeric instead of powdered? I could strain it. Also, is the stevia necessary? I don't need to have anything very sweet. Thanks.

[Reply](#)**Dr. Jockers**

March 1, 2022 at 11:38 am

Sure you can do it with the grated turmeric and without the stevia!

[Reply](#)**Beno**

January 10, 2023 at 11:51 pm

We juice turmeric root nearly daily, I think is the way to get the most benefit.

[Reply](#)

Judy

December 10, 2022 at 10:51 pm

The recipe does not call for any black pepper nor does the video show black pepper being used. Yet in one of the comments it talks about black pepper. Is there black pepper in this recipe or not and how much black pepper if there is black pepper in the recipe. I've never seen turmeric used without black pepper...

Reply

Angie

January 11, 2023 at 7:48 am



It has been scientifically proven that freshly ground black pepper increases the bioavailability of the active ingredient curcumin in turmeric by more than 2000 (TWO THOUSAND) %

Reply

Eibhlin

April 24, 2023 at 2:16 pm

It says at the end of the ingredients, pinch of black pepper. I wonder would powdered ginger act in the same way as the black pepper.

Reply

Kameela

January 7, 2023 at 8:49 am



Black pepper is necessary as it contains piperine which enhances the action of the turmeric .

[Reply](#)

Lori Z.

January 7, 2023 at 8:54 am

Would I still benefit from this recipe if I served it after dinner frozen and spun into ice cream using my Cremi machine?

[Reply](#)

Dr. Jockers

January 11, 2023 at 10:20 am

Yes try it out!

[Reply](#)

E. Grogan

January 7, 2023 at 12:18 pm

I've been using golden milk for 9 months due to chronic pain, alot of inflammation and leaky gut – I take a cup in a.m. and again in p.m and if I miss it I really feel it as the pain gets pretty bad. It's helping hugely, I LOVE my golden milk!

[Reply](#)

Leila

January 7, 2023 at 3:33 pm

I usually use powdered coconut milk in my hot chocolate, and then I add boiling water, and blend. Is it necessary to have it come to a boil and simmer to fully allow the body to

use the spices?

[Reply](#)

Elizabeth Fiedler

January 7, 2023 at 5:25 pm

Can you use another type of sweetener instead of stevia? Like maybe a tiny bit of honey for the golden milk.

[Reply](#)

Dr. Jockers

January 11, 2023 at 10:31 am

Yes you could but that will add to the sugar content.

[Reply](#)

Grace Chen

January 8, 2023 at 7:47 pm

In the list of ingredients I don't see black pepper which increases the bioavailability for turmeric. Is it because the coconut fat serves the same purpose?

[Reply](#)

Beno

January 10, 2023 at 11:56 pm

Yes, black pepper is a must for turmeric as it increases it's effectiveness 4x or more

[Reply](#)

Carmen

January 11, 2023 at 8:44 am

it's better to make turmeric paste so it's easier to make coconut turmeric drink every day or when you want to. you just add coco milk to the paste and warm it up on the stove

[Reply](#)

Robin

February 21, 2023 at 4:00 pm

In my struggle to NOT have daily indigestion, I tried this (with a pinch of black pepper and some fresh ginger) and boy did I get burning in my stomach! Is this normal? What am I doing wrong? Eat clean but even 4 oz of water first thing burns my stomach!

[Reply](#)

Joann

April 22, 2023 at 3:25 pm

I absolutely love it! I added nutmeg too. No stevia. So good

[Reply](#)

Sam

April 23, 2023 at 7:02 am

How often would one need to drink this for it to be effective in healing leaky gut?

[Reply](#)

Donna

April 23, 2023 at 9:30 pm

What can I use as a stevia substitute? I dislike the taste of it.

[Reply](#)

Karen

April 24, 2023 at 12:03 pm



Not Stevia.. raw local honey. I also use ginger

[Reply](#)

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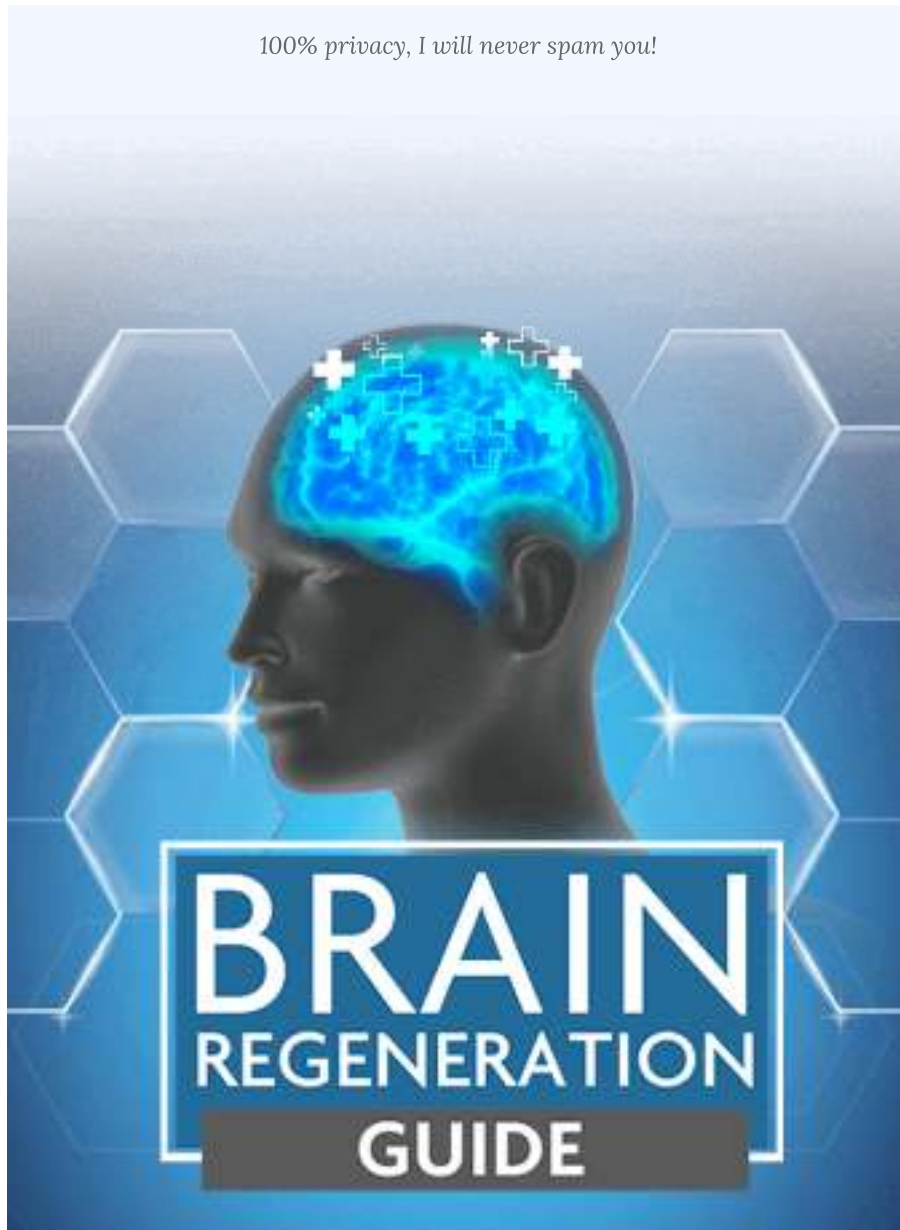
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