

Golden Paste

Ingredients:

Golden paste is a super charged anti-inflammatory food that can be added to any meal, smoothie, or alone.

- 1 cup of organic turmeric powder
- 2 cups water
- 1 tbsp black pepper
- 1/2 cup olive oil

Instructions

1. Put water and turmeric into saucepan, cook for 7 minutes on medium heat.
2. When thick, remove from burner and cool.
3. Mix in pepper and oil
4. Place paste in cups and refrigerate

