

Turmeric Golden Paste

A natural anti-inflammatory paste you can make very easily at home!

Ingredients

1/2 cup (125 mls/60gms) organic turmeric powder

1 cup water (250 mls) plus extra water if needed

1/4 cup (70 mls) niulife cold pressed coconut oil

1.5 teaspoon freshly ground black pepper (4.5gms)

Instructions

1. Place turmeric and water in pan, stir over gentle heat until you have a thick paste. This should take about 7-10 minutes. If you feel your paste is too watery, add some more turmeric powder, if it is too thick simply add a little more water.
2. Add the freshly ground pepper and oil AT THE END of cooking. Stir well (a whisk is ideal) to evenly disperse the oil and allow to cool.

The golden paste will last in a glass jar in the fridge for up to 2 weeks. It can also be frozen in smaller containers to be defrosted and used as needed.

