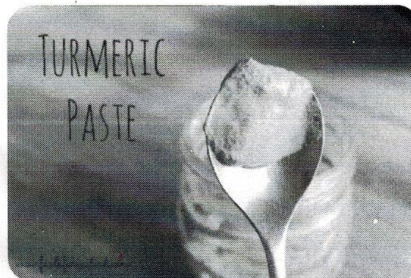


## GOLDEN PASTE

1/2 cup turmeric powder  
1 cup spring or filtered water\*  
(1 cup extra, if needed)

1/3 cup cold pressed Coconut or Olive oil

1 1/2 teaspoons ground black pepper \*\*



*Source: Turmeric Users Group (Facebook) Founded by Australian veterinarian Doug English, B.V.Sc*

*DOSE - 1 TSP per 10 lbs body weight daily; divided into 2 doses.*

**DIRECTIONS:** Place turmeric and water in pan, stirring over gentle heat until you have a thick paste. This should take about 7 – 10 minutes. You may need to add additional water along the way (it seems to depend on the turmeric you have).

Add the pepper and oil at the end of cooking. Whisk in vigorously to incorporate the oil and allow to cool. Store in sterilized glass jar and refrigerate. (To sterilize jar – place clean glass jar, without lid, on cold oven shelf, turn oven on to medium and heat for 10 minutes. Turn off and pop lid in, leave with jar to cool.)

Should keep for up to four weeks, refrigerated – best used within two.

If your mix is looking too watery, add a little more turmeric and continue cooking a few more minutes. Don't worry too much that it does not look 'perfect' – as long as it is cooked and has the oil and pepper, it will work. If the oil marbles in the jar, it just means it was not stirred enough at the end or the mix is a bit watery, but it will not affect the performance.

Use for Golden Milk, Smoothies, tea, stir into Yogurt, add to your dinner plate ... your pet's dinner plate, treats or your horse feed. Introduce slowly, give "little and often." See Turmeric Users Group on Facebook for suggested amounts and other support.

*\*If your municipal water is fluoridated, use spring water as common household filters do not remove fluoride.*

*\*\*Pepper: Alternative recipe – Omit pepper in mix, add a grind or two of fresh black pepper at serving time. Some sources suggest freshly ground pepper better assists absorption of the Turmeric.*

*Turmeric - I use Frontier organic turmeric powder, available on Amazon, in the bulk section of Healthy Living and some other whole foods markets. – SMH*