

RECIPE | How To Make Turmeric Milk For Kids? ()

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=URZR8SI9H1G](https://www.youtube.com/watch?v=URZR8SI9H1G)
<https://www.youtube.com/watch?v=UrZr8si9h1g>

SUMMARY

This video presents a traditional Indian recipe for turmeric milk, also known as golden milk latte, which is especially beneficial during the winter season for alleviating cold and cough symptoms. The recipe, passed down from the creator's grandmother, highlights the health benefits of its ingredients.

- *Turmeric milk is a traditional remedy for cold and cough, particularly popular in winter.*
- *Key ingredients include turmeric powder, ghee, cinnamon, cardamom, and honey.*
- *Turmeric possesses anti-inflammatory and antioxidant properties, aiding digestion.*
- *The drink is easy to prepare and can be customized with personal touches.*
- *Viewers are encouraged to share their own turmeric milk recipes in the comments.*
- *The video promotes engagement through likes, shares, and subscriptions.*

[Music] hi guys today we're going to shoot something which is called turmeric milk healthy milk or often called internationally as the golden milk latte something that we've traditionally grown up as Indians drinking all the time especially in season like this where it's chil it's winter we're all down with coffin cold uh but this is the perfect drink that all moms want to feed their kids this is my Grandmom's recipe and this is what I'm going to share with

you today because it really helps for cold cough and it's the perfect home remedy you want to try for a s [Music] throat add in 1 teaspoon of Ki half teaspoon of Healy or turmeric powder hey has anti-inflammatory and

antioxidant properties and also helps in [Music] digestion now add in a pinch of cinnamon and cardamom powder add honey for sweetness it'll help soup the throat along with the [Music] ghee let it come to a boil and it's

ready to [Music] serve if you love our video don't forget to like share subscribe and of course leave your grandma's recipe of the perfect turmeric or healthy milk latte in the comments below and see you guys next week