HEALTHY NEWS

Turmeric Golden Milk Popsicles To Help Boost The Immune System

By bestfolkmedicine · 07/06/2020 · 1 min read



Turmeric is one of the most potent natural anti-inflammatory ingredients and it's believed to help strengthen the immunity.

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When it comes to turmeric, one of the most popular recipes with it is without doubt turmeric golden milk.

This milk looks and tastes good; but, it can be a bit too much for the warm summer days. But, this doesn't mean you can't reap its benefits!

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In fact, you can make turmeric golden milk popsicles-they're not too sweet and have a note of coconut. They're fun, tasty, refreshing, and healthy. What more to ask for, right?

Come on; let's check out the recipe together!

DIY Turmeric Golden Milk Popsicles

Here's what you'll need:

2 cups of light coconut milk from a can

3 tbsp of honey

A tsp of turmeric powder

A tsp of ginger powder

1/8 tsp of black pepper

Prep:

Put all of the ingredients in a blender and pulse until you get a homogenous and smooth blend. Then, strain it and divide it into the popsicle molds.

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Put them in the freezer for 60 minutes. Then, insert the sticks and freeze them until they become solid, approximately for 4 more hours.

Adding Turmeric to Your Diet Is Never a Bad Idea

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Turmeric is an amazing addition to your diet- it helps reduce your risk of colds and the flu by strengthening your immunity.

According to research, the curcumin in turmeric can change the T-cell and B-cell activity and of the pro-inflammatory cytokines..

Moreover, it can strengthen your immunity's response to antibodies. Plus, it's rich in antioxidants which is pivotal for the fight against free radicals.

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