

The Basic Golden Paste comes from the group Turmeric Users Group, on fb or internet. It is a combination of 1/2 cup turmeric powder cooked in about 2 cups of water for 7 to 10 minutes. After which add 1/3 cup of raw coconut (or olive) oil and 3 teaspoons of freshly ground black pepper. Mix well and cool. It is the piperin in the pepper that gets the curcumin from the turmeric into the gut to do it's magic. Refrigerate the paste for up to 2 weeks. Can freeze it in batches. Then add to milk or whatever you like. Add honey and other spices too if wanted.