

Golden Spice Blend for Coffee & Protein Drinks

A simple, make-ahead spice blend that stirs right into your morning coffee or protein shake. Anti-inflammatory, warming, and ready in minutes.

Servings

INGREDIENTS

- 2 tablespoons ground turmeric <https://amzn.to/49Kcx13>
- 1 teaspoons freshly ground black pepper
- 1 teaspoons ground cinnamon (optional — adds warmth and balances bitterness) <https://amzn.to/4ovvGgN>
- 0.5 teaspoons ground ginger (optional — great for digestion) <https://amzn.to/4unQAPT>
- Or turmeric, black pepper & ginger blend <https://amzn.to/43SZ32O>

STEPS

1. Mix the blend: Stir together 2 tablespoons ground turmeric, 1 teaspoons freshly ground black pepper, 1 teaspoons ground cinnamon (optional — adds warmth and balances bitterness), and 0.5 teaspoons ground ginger (optional — great for digestion) in a small bowl until evenly combined.
2. Store it: Transfer to a small glass jar with a tight lid. Keep it right next to your coffee maker so you remember to use it. Stays fresh for up to 3 months.
3. Use it: Add ¼ to ½ teaspoon of the blend per cup of coffee or per serving of protein drink. Stir well — it settles, so give it a good mix before each use. Start with ¼ tsp and work up to what tastes right to you.

NOTES

- **For coffee:** Stir the blend directly into brewed coffee. If you use creamer or milk, it blends even more smoothly. A tiny splash of healthy fat — coconut oil or MCT oil — helps your body absorb the turmeric even better.
- **For protein drinks:** Add to your shaker bottle before you shake. The cinnamon and ginger actually complement vanilla or unflavored protein powder really well.
- **The pepper is non-negotiable.** It increases turmeric absorption by up to 2,000%. Don't skip it — you won't taste it at this amount, but your body will notice the difference.

Mix it once on Sunday, and it's ready for the whole week. That's the kind of healthy habit that actually sticks — no fuss, no fancy equipment, just good ingredients working together.