

## Almond Gold

**Servings: Makes 6 Servings - Serving Size: ½ cup**

### Ingredients:

4 cups almond milk, unsweetened  
1 teaspoon fresh ginger, coarse chop  
1 teaspoon, vanilla  
½ teaspoon turmeric  
½ teaspoon cinnamon, ground  
1/8 teaspoon black pepper, coarse ground  
8 Turkish apricots, dried  
2 tablespoons almond butter

### Procedure:

Place all ingredients in sauce pan except almond butter. Bring to a simmer. Cook until reduced to 3 cups (about 12 minutes). Pour into a blender, add almond butter and process until well-blended.

### Nutritional Information per Serving:

Calories: 90

Sodium: 140mg

Sugars: 4g

Cholesterol: 0mg

Saturated Fat: 0g

Fiber: 2g

Protein: 2g

Carbohydrate: 9g



**CENTERS FOR INTEGRATIVE & LIFESTYLE MEDICINE | 216.448.4325**