

# Golden Paste

## Truman's Recipe

---

### Ingredients:

- 1/2 cup organic turmeric powder
- 1 to 1 1/2 cups filtered or spring water
- 1 1/2 tsp freshly ground black pepper
- 1/4 cup organic coconut oil
- 1/4 cup organic peanut butter

### Directions:

1. Mix the turmeric powder with 1 cup of the water. (Save the remaining water in case you need it to thin your paste a bit.)
2. Stir on low/medium heat for about 7-10 minutes. It should form a thick paste in this time.
3. If the paste gets too thick, add a little more water. If the paste looks watery, add some more turmeric powder and continue to heat for a couple minutes.
4. Once your paste has thickened, remove from heat.
5. Add the pepper, oil and peanut butter. Stir thoroughly.
6. Allow to cool. Store in a container with lid in the refrigerator. (Good for up to 2 weeks.)

**\*If freezing, place desired amount into silicone trays after cooling and place in freezer. (Good for about 3-4 months.)**



# Golden Paste

## Truman's Recipe

---

### Ingredients:

- 1/2 cup organic turmeric powder
- 1 to 1 1/2 cups filtered or spring water
- 1 1/2 tsp freshly ground black pepper
- 1/4 cup organic coconut oil
- 1/4 cup organic peanut butter

### Directions:

1. Mix the turmeric powder with 1 cup of the water. (Save the remaining water in case you need it to thin your paste a bit.)
2. Stir on low/medium heat for about 7-10 minutes. It should form a thick paste in this time.
3. If the paste gets too thick, add a little more water. If the paste looks watery, add some more turmeric powder and continue to heat for a couple minutes.
4. Once your paste has thickened, remove from heat.
5. Add the pepper, oil and peanut butter. Stir thoroughly.
6. Allow to cool. Store in a container with lid in the refrigerator. (Good for up to 2 weeks.)

**\*If freezing, place desired amount into silicone trays after cooling and place in freezer. (Good for about 3-4 months.)**

