

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Chill Time: 2 hours  
Total Time: 2 hours 25 minutes

There are few things more comforting than a silky, sweet custard. But what if that comfort could also actively work to heal your body? Welcome to the Golden Turmeric Anti-Inflammatory Custard.

This isn't your average dessert. We've taken the classic, creamy texture of a traditional custard and infused it with the powerful healing properties of turmeric, ginger, and black pepper. The result is a vibrant, golden-hued treat that feels indulgent but acts like a wellness tonic. Perfect for soothing a sensitive stomach, recovering from a workout, or simply ending your day with a nourishing, delicious dessert. It's gluten-free, refined-sugar-free, and packed with anti-inflammatory ingredients.

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## The Health Benefits: Why This Custard?

Before we dive into the recipe, let's appreciate the science behind the ingredients. This custard is more than just a pretty color.

- **Turmeric (Curcumin):** The star of the show. Curcumin is the active compound in turmeric renowned for its potent anti-inflammatory and antioxidant properties.
  - **Black Pepper (Piperine):** This is the magic key. Piperine, a compound in black pepper, dramatically increases the absorption of curcumin by up to 2,000%. Without it, much of the turmeric's benefit is lost.
  - **Ginger:** A renowned digestive aid and anti-inflammatory agent, ginger complements turmeric perfectly, adding warmth and soothing properties.
  - **Coconut Milk:** Rich in healthy fats (MCTs), which not only provide creamy texture but also help your body absorb the fat-soluble curcumin even more effectively.
  - **Raw Honey or Maple Syrup:** We use natural sweeteners to avoid the inflammatory effects of refined white sugar.
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## Ingredients

For the Custard:

- 1 can (13.5 oz / 400 ml) full-fat coconut milk
- 1 cup (240 ml) unsweetened almond milk or oat milk
- 4 large egg yolks

- 1/4 cup (60 ml) raw honey or pure maple syrup
- 1 ½ tsp ground turmeric
- ½ tsp ground ginger
- ¼ tsp ground cinnamon
- 1/8 tsp freshly ground black pepper (do not skip this!)
- 1 tsp vanilla extract
- Pinch of sea salt

#### Optional Garnishes:

- Toasted coconut flakes
- A light dusting of cinnamon or nutmeg
- Fresh berries (raspberries and blueberries work beautifully)
- A sprinkle of chopped pistachios

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## Equipment

- Medium saucepan
- Whisk
- Heatproof mixing bowl
- Fine-mesh strainer
- 4 small ramekins or glass jars

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## Instructions

Part 1: The Infusion (Time: 5 mins | Intensity: Low)

1. Combine the Bases: In your medium saucepan, combine the full-fat coconut milk and almond milk. Place over medium-low heat.
2. Add the Spices: Add the ground turmeric, ginger, cinnamon, black pepper, and sea salt to the milk mixture. Whisk gently to combine.

3. Gently Warm: Heat the mixture until it is warm and steamy, but do not let it boil. You want it hot enough to infuse the flavors, but not so hot that it will scramble the eggs later. This should take about 3-4 minutes. Once warm, remove from heat and let it steep for 5 minutes.

## Part 2: Tempering the Eggs (Time: 5 mins | Intensity: Medium)

4. Whisk the Yolks: While the milk is steeping, add the egg yolks and honey (or maple syrup) to your heatproof mixing bowl. Whisk vigorously for about 1-2 minutes until the mixture is pale, light, and slightly thickened. This step is crucial for a smooth custard.
5. Temper the Eggs (The Critical Step): This is the most important technique to prevent scrambled custard. While whisking the egg yolk mixture constantly, very slowly—a tablespoon at a time—drizzle in about half a cup of the warm milk mixture. Keep whisking! This gradually raises the temperature of the eggs. Once you've added half a cup, you can pour the rest of the warm milk in a slow, steady stream, still whisking continuously.

## Part 3: Cooking the Custard (Time: 5-7 mins | Intensity: Medium)

6. Return to Heat: Pour the now-combined egg and milk mixture back into the saucepan.
7. Cook Low and Slow: Place the saucepan back over low heat. Cook, stirring constantly with a whisk or a wooden spoon, for 5-7 minutes.
8. Look for the "Coat the Spoon" Stage: The custard is ready when it has thickened enough to coat the back of a spoon. Run your finger through the custard on the spoon;

if it leaves a clean, clear path that doesn't run, it's perfect. Do not let it boil. If you see any steam or bubbles, remove it from the heat immediately.

9. **Add Vanilla & Strain:** Once thickened, remove from heat and stir in the vanilla extract. For an ultra-silky, restaurant-quality texture, pour the custard through a fine-mesh strainer into a large measuring cup or bowl. This removes any small bits of cooked egg.

#### Part 4: Chilling & Serving (Time: 2+ hours | Intensity: Passive)

10. **Chill:** Pour the strained custard evenly into 4 small ramekins or glass jars. Cover each with plastic wrap, pressing the wrap directly onto the surface of the custard to prevent a skin from forming.
11. **Refrigerate:** Place in the refrigerator to chill for at least 2 hours, or until completely cold and set.
12. **Serve:** Once chilled, your Golden Turmeric Custard is ready. Garnish with your favorite toppings and enjoy this healing, delicious treat.

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## Recipe Notes & Tips

- **Don't Skip the Black Pepper:** As mentioned, it's non-negotiable for absorbing the turmeric's benefits.

- **Tempering is Key:** If your custard has tiny lumps, it means the eggs cooked too fast. The straining step will save it! Next time, add the hot milk more slowly.
  - **Consistency:** This custard is meant to be soft and creamy. It will set more firmly as it chills. If you prefer a thicker, more pudding-like texture, you can add an extra egg yolk.
  - **Sweetness:** Adjust the honey or maple syrup to your taste. Start with 1/4 cup and add more if desired before chilling.
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## **Nutrition Information (Estimated)**

Per Serving (1 ramekin, without optional garnishes):

- **Calories:** 265 kcal
- **Total Fat:** 21g
- **Saturated Fat:** 16g
- **Cholesterol:** 185mg
- **Sodium:** 65mg
- **Total Carbohydrates:** 16g

- Dietary Fiber: 1g
- Total Sugars: 14g
- Protein: 4g