

Turmeric Latté

PREP TIME: 30 min TOTAL TIME: 30 min SERVES: 4

Ingredients

1 tablespoon fresh or dried ginger
1 tablespoon fresh or dried turmeric
Pinch of nutmeg
Pinch of cinnamon
Pinch of cardamon
3 cups of coconut or almond milk
Maple syrup or liquid stevia to taste



Directions

Pour coconut or almond milk into a sauce pot with lid. Grate or whisk in turmeric + ginger. Simmer while stirring over medium-low heat for 15 minutes. Remove from heat and let sit covered with lid. Stir well. If using fresh roots, pour through a strainer before serving. Sweeten if desired. Enjoy!

Notes

Feel free to double recipe + store extra in the refrigerator to be heated again or enjoyed cold. Be sure to always shake or stir well before serving.

