

# Golden Turmeric Latte

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 tbsp Ginger (grated)  
1 cup Organic Coconut Milk (Or Unsweetened Vanilla Almond Milk)  
1 tsp Turmeric (powder)  
1 tsp Stevia Powder (Try Ketologie Sweet Like Sugar or Pyure Brand)  
1/2 tsp Cinnamon (Ceylon Cinnamon)  
1 1/2 tps Coconut Oil (Or Grassfed Butter)

## NUTRITION

### AMOUNT PER SERVING

Calories	251	Vitamin A	2IU
Fat	25g	Vitamin C	0mg
Carbs	7g	Calcium	14mg
Fiber	1g	Iron	1mg
Sugar	2g	Vitamin D	0IU
Protein	2g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	31mg	Magnesium	5mg
Potassium	228mg		

## DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

## NOTES

### USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

### AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

### ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

### VEGAN

Use maple syrup to sweeten instead of honey.