

Golden Turmeric Latte

6 ingredients · 10 minutes · 1 serving



Directions

1. 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.
2. Pour into a mug through a sieve and serve immediately. Enjoy!

Notes

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.

Ingredients

- 1 1/2 **tsps** Ginger (grated)
- 240 **mls** Whole Milk (a mug full)
- 1/2 **tsp** Turmeric (powder)
- 1 1/2 **tsps** Honey
- 1/4 **tsp** Cinnamon
- 3/4 **tsp** Coconut Oil