

# Golden Turmeric Latte

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 tbsp Ginger (grated)  
1 cup Canned Coconut Milk  
1 cup Water  
1 tsp Turmeric (powder)  
1 tbsp Raw Honey  
1/2 tsp Cinnamon  
1 1/2 tsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	281	Iron	1mg
Fat	25g	Vitamin D	0IU
Carbs	14g	Folate	1µg
Fiber	1g	Magnesium	7mg
Protein	2g	Zinc	0mg
Vitamin C	0mg		

## DIRECTIONS

- 01 Grate the ginger and squeeze its juice 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

### RECIPE ID 700

#### 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 any stains that do develop.