



# TURMERIC LATTE

SERVES 4

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## INGREDIENTS

- 470mls of Almond Milk or Coconut Milk
- 1 teaspoon Turmeric (fresh root grounded is best but powder is fine)
- ½ teaspoon Cinnamon powder
- Pinch of black pepper (greatly increases absorption)
- 3-4 threads of saffron
- Small piece of fresh, grated ginger root or ¼ tsp. ginger powder
- 1 teaspoon raw honey (add just before serving)

### Optional

- 1 tsp. Coconut Oil
- 1/8 tsp. Nutmeg can be used for insomnia (add this only if drinking at night. Do Not operate heavy machinery after consuming)!

**PREP TIME: 10MINS**

**TOTAL TIME: 25-30MINS**

## DIRECTIONS

1. Blend all ingredients in a blender until smooth/creamy.
2. Pour into a small stainless steel pot and heat for 3-5 minutes over medium heat until hot but do not boil.
3. Remove from heat, cover and let it sit for 10-15 minutes.
4. Add honey, share and drink

### Health benefits

- Key ingredients are loaded with antioxidants
- Helps reduce inflammation and joint pain
- Improve memory and brain function
- Curcumin in turmeric may improve mood
- Lowers cholesterol
- Lowers blood sugar levels
- Has antibacterial, antiviral and antifungal properties
- Ginger and turmeric help improve digestion