



## Golden Turmeric Latte

2 servings

10 minutes

### Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Plain Coconut Milk (canned)
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tsp Honey
- 1/2 tsp Cinnamon
- 1 1/2 tps Coconut Oil

### Nutrition

Amount per serving	
Calories	88
Fat	6g
Saturated	5g
Carbs	8g
Fiber	1g
Sugar	6g
Protein	0g
Cholesterol	0mg
Sodium	21mg
Potassium	67mg
Vitamin A	252IU
Vitamin C	0mg
Calcium	247mg
Iron	1mg
Vitamin D	50IU
Vitamin E	0mg
Folate	1µg
Vitamin B12	1.5µg
Magnesium	7mg
Zinc	0mg
Selenium	0µg

### 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 Carefully transfer into a screw top jar or other container with lid 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 Staining,** 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.