



# Golden Turmeric Latte

2 servings 10 minutes

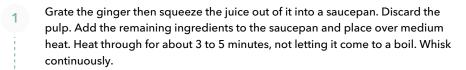
## Ingredients

- 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 tsps 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**



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.