



Turmeric Latte



Ingredients

- – 1 cup unsweetened almond, coconut, or oat milk
- – ½ teaspoon ground turmeric
- – ¼ teaspoon ground cinnamon
- – ⅛ teaspoon ground cardamom
- – ⅛ teaspoon ground black pepper
- – 1 tablespoon honey or maple syrup
- – ¼ teaspoon vanilla extract
- – Pinch of salt

Directions

1. In a small saucepan, combine all ingredients.
2. Bring to a simmer over medium heat, stirring constantly.
3. Reduce heat to low and simmer for 5 minutes, or until heated through.
4. Strain into a mug and enjoy!

Add a pinch of black pepper to your turmeric latte to enhance curcumin absorption. You can also substitute a vegan alternative like almond or soy milk, with regular dairy milk.

Recipe by Anna Hall