



## Golden Turmeric Latte

1 serving  
10 minutes

### Ingredients

- 1 1/2 tsps Ginger (grated)
- 1/2 cup Organic Coconut Milk (canned)
- 1/2 cup Water
- 1/2 tsp Turmeric (powder)
- 1 1/2 tsps Raw Honey
- 1/4 tsp Cinnamon
- 3/4 tsp Coconut Oil

### Nutrition

Amount per serving	
Calories	281
Fat	25g
Saturated	23g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	1g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	34mg
Potassium	228mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	26mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg

### 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 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

- 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 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.



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Folate	1 µg
Vitamin B12	0 µg
Phosphorous	6 mg
Magnesium	7 mg
Zinc	0 mg
Selenium	0 µg