

JANUARY 10

CHANTAL
Est. 1971
CRAFTED KITCHENWARE



Sunroot Sip

TURMERIC GOLDEN MILK TEA

Golden roots and creamy comfort.

INGREDIENTS:

- 1 cup (240 ml) milk (whole, almond, oat, or your choice)
- 1 tsp ground turmeric
- A pinch of black pepper
- ¼ tsp ground cinnamon
- 1–2 tsp honey (to taste)
- Optional: 2–3 slices fresh ginger

INSTRUCTIONS:

Heat milk gently with turmeric, black pepper, cinnamon, and ginger (if using). Simmer for 5 minutes, stirring occasionally. Remove from heat, stir in honey, and serve warm.

PAIR WITH:

Roasted spiced nuts for a savory crunch —or— turmeric roasted chickpeas for a bold, earthy bite.

