

# Golden Milk (aka. Turmeric Latte)

9 ingredients · 10 minutes · 2 servings



## 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.

## Ingredients

- 1 cup** Unsweetened Almond Milk (or homemade)
- 1 tbsp** Ginger (grated)
- 1 cup** Water
- 1 tsp** Turmeric (powder)
- 1/4 piece** Ginger Root (peeled, grated)
- 1/2 tsp** Cinnamon (or ground cardamon)
- 1/4 tsp** Black Pepper (fresh ground)
- 1 1/2 tsps** Coconut Oil (or almond oil)
- 1 tbsp** Raw Honey (add after simmering, off the stove)

## Nutrition

Amount per serving

<b>Calories</b>	84	<b>Sugar</b>	8g
<b>Fat</b>	5g	<b>Protein</b>	1g
<b>Carbs</b>	11g	<b>Sodium</b>	84mg
<b>Fiber</b>	1g		