

Golden Milk Latte with Chai Spice (Serves 2)

- Prep Time: 5 minutes
- Total Time: 5 minutes



Ingredients

- 1 Teaspoon **Seven Happy Seeds Turmeric Chai Spice**
- 2 Teaspoons honey/maple syrup/preferred sweetener
- 2 cups unsweetened non-dairy milk such as Coconut milk

Method

1. Combine milk, turmeric latte spice, and sweetener in a blender. Process until very smooth, about 1 minute.
2. Pour into a small saucepan and heat over medium-low heat with constant stirring until steaming hot but not boiling, about 5 minutes.
3. Transfer to a mug and enjoy on a chilly day!

Note: For iced Golden Latte, chill for up to two hours, and enjoy as a refreshing summer drink. Transfer to a Mason jar to keep for up to 3 days in the fridge (stir before pouring as spices settle down on bottom of container).