

Anti -Inflammatory Chocolate Tea Latte

Ingredients

1 tablespoon raw cacao powder (I sometimes use more) ☺

1/2 teaspoon cinnamon

1/4 teaspoon dried ginger

1/2 teaspoon dried turmeric

pinch of cayenne pepper

pinch of cardamom

1 teaspoon raw honey

pinch of sea salt and freshly ground black pepper

1/2 cup coconut milk, warmed (you can use other milk but coconut milk is nice and thick)

1/2 cup hot water

Caffeine free tea bag

Directions:

Steep tea in water then remove tea bag. Heat coconut milk. Stir ingredients in to tea and then pour hot milk in and mix.

Notes: The dried (powdered) versions of ginger and turmeric are more convenient but feel free to use fresh! Turmeric, whose main beneficial component is curcumin, is shown to reduce inflammation, support wound healing and good circulation, balance weight, and reduce the onset of a large number of diseases. Curcumin is most effective when combined with black pepper, which is also a great digestive aid. While you can easily substitute with any milk of your choice, coconut milk has a great creamy texture and is rich in a fat called lauric acid, which the body absorbs well and uses for energy. It also contains many minerals, especially manganese, which builds and supports healthy bones.

Information compiled from IQuitSugar.com and IntegrativeNutrition.com.