

Turmeric Latte

<https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-ashwagandha-or-indian-ginseng.html>

<https://draxe.com/reishi-mushroom/>

<https://organixx.com/cordyceps-mushroom/>

Ingredients

2 cups unsweetened almond milk or full-fat canned coconut milk

½–1 tablespoon turmeric

1 tablespoon coconut oil or ghee

½ teaspoon vanilla

½ teaspoon powdered reishi

½ teaspoon powdered cordyceps

½ teaspoon powdered ashwagandha

½ teaspoon cinnamon

1–1½ teaspoons maple syrup or raw honey

Directions

1. In a medium pot over medium heat, add nut milk, turmeric, coconut oil or ghee and vanilla.
2. Stir until mixture is hot and ingredients are well combined.
3. Add mixture to a high-powered blender and add reishi, cordyceps, ashwagandha, cinnamon and maple syrup or honey.
4. Blend on high until mixed well.
5. Serve topped with cinnamon.

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