



## Golden Latte



2 servings



10 minutes

### INGREDIENTS

- 2  $\frac{1}{2}$  cups plain unsweetened non-dairy milk
- 1 tsp honey or natural sweetener of choice
- 1 tsp grated fresh ginger
- $\frac{1}{2}$  tsp ground turmeric
- $\frac{1}{4}$  tsp ground cinnamon
- $\frac{1}{4}$  tsp ground cardamom, optional
- A pinch, of black pepper
- A pinch, of cayenne pepper (optional)
- 1 tsp vanilla bean paste, optional

### NOTES

- Golden Latte – A nourishing, anti-inflammatory blend of turmeric and warming spices. This vibrant drink is packed with antioxidants to nourish your mind, body and support everyday well-being.
- Rich in curcumin – a natural anti-inflammatory; polyphenol from turmeric.
- Piperine in black pepper enhances the bioavailability of curcumin by up to 2000%
- Warming spices like cinnamon and ginger aid digestion and circulation.
- May help reduce stress and promote calm when enjoyed before bed.
- A nourishing, caffeine-free alternative to coffee or tea.
- Use a microplane to grate the ginger, fresh or frozen, for a fine texture.
- Spices settle naturally - swirl to redistribute spices or strain if preferred.
- Almond, soy, cashew or coconut milks are delicious varieties.

### DIRECTIONS

1. Add dairy-free milk to a small saucepan over medium-high heat and bring to a simmer.
2. While the milk heats, add turmeric, grated fresh ginger, cinnamon and ground cardamom, and a dash of black pepper and cayenne pepper.
3. \* Don't let the milk boil over! Reduce the heat to medium once it starts to simmer.
4. Use a matcha whisk or milk frother to blend the mixture and get rid of any spice clumps.
5. Sweeten, and stir once more before you pour your golden milk into a mug. I like to finish my latte off with an extra sprinkle of cinnamon.

Time to prepare: 10 minutes

*My Wellness Whisk*