

Turmeric Latte

Ingredients

- 1 1/2 cups light coconut milk (from the can)
- 1 1/2 cup of non-dairy milk of choice
- 1 1/4 tsp ground turmeric
- 1/4 tsp ground ginger
- 1 stick cinnamon (can sub in 1/4 tsp ground cinnamon, or more to taste)
- Pinch freshly ground pepper
- 1/2 tbsp vanilla extract
- 2-3 tbsp maple syrup (or honey)

Instructions

1. Add the coconut milk, almond milk, turmeric, ginger, cinnamon, ground pepper, vanilla extract and maple syrup to a small saucepan.
2. Place over medium high heat and warm for about 5-6 minutes, whisking frequently, until hot to the touch but not boiling.
3. Taste and adjust for sweetness and flavouring. You may wish to add more turmeric, ginger or cinnamon depending on personal taste.