

Turmeric Latte



INGREDIENTS

- 1 cup almond or coconut milk
- 1 tsp turmeric powder
(we carry organic turmeric powder)
- 1 tsp honey
- 1/2 tsp cinnamon

PROCESS

Place milk in a small pot and heat slowly over medium heat. Do NOT boil.

In a cup, add turmeric powder, cinnamon and honey.

Once milk is heated through, pour in cup and stir.

BONUS: if you are suffering from a cold, place a couple of drops of oregano oil into the cup before adding milk.