

Turmeric Latte

350 ml almond milk

$\frac{1}{4}$ tsp turmeric

$\frac{1}{4}$ tsp cinnamon

$\frac{1}{4}$ tsp ginger

$\frac{1}{2}$ tsp vanilla

1 tsp maple syrup

grind of black pepper

whisk the latte
heat until hot

Add $\frac{1}{2}$ + coconut oil
 $\frac{1}{2}$ + coconut sugar