

Turmeric Latte

Are you looking for a new healthy warm drink? This post is for you!

Turmeric and ginger are anti-inflammatory and antioxidant-rich foods that help to protect us against diseases and support our immune system. Try out this warm turmeric latte and benefit from the anti-inflammatory and antioxidant effects.

Servings: 2

Prep Time: 5 mins

Cook Time: 5 mins

Ingredients

- 350ml unsweetened almond milk or coconut milk (or any milk of choice)
- ¼ tsp ground turmeric
- ¼ tsp ground ginger
- ¼ tsp ground cinnamon
- ½ tsp vanilla extract
- 1 tsp maple syrup
- Pinch of black pepper

Instructions

1. In a saucepan, mix together almond milk, turmeric, ginger, cinnamon, vanilla extract, maple syrup, and black pepper. Heat over medium heat until warm for about 5 minutes.
2. Once hot, transfer to a mug and sprinkle with a little more cinnamon to serve.

Adapted from: <https://www.eatingwell.com/recipe/258547/turmeric-latte/>



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