

Turmeric Spice Latte

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 1

Serving Size: 1 latte

Ingredients:

1 ½ cups non-dairy milk of choice
½ - 1 teaspoon turmeric paste*
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground pumpkin pie spice
Dash of nutmeg
½ teaspoon pure vanilla extract
4-6 drops liquid stevia or ½ teaspoon honey or agave

*Turmeric paste:

3 tablespoons ground turmeric
3 heaping tablespoons coconut oil
½ teaspoon ground black pepper
¼ cup filtered water

Directions:

1. Make the turmeric paste if it's not already made by combining all ingredients into a small saucepan over medium heat until coconut oil is melted. Whisk together well and store in a glass airtight container.
2. To make the latte, combine latte ingredients in a small saucepan over medium heat and whisk to smooth out spices. Allow to heat to desired temperature, then whisk again.
3. Pour into a mug and enjoy!

Tips and Tricks:

*Store paste in the fridge for up to 2 weeks. I recommend using a glass jar for storage as turmeric is likely to stain your plastic ware.

If using honey or agave, nutritional calculations are: calories-88.4, total carbs-7.6 grams, sugars-2.9 grams

Nutritional Information Per Serving:

**Calculated using stevia*

Calories: 78.9
Fat: 6.2 g
Cholesterol: 0.0 mg
Sodium: 271.1 mg
Total Carbohydrate: 5.1 g
Dietary Fiber: 2.2 g
Sugars: 0.4 g
Protein: 1.4 g