

COCONUT TURMERIC LATTE



INGREDIENTS

- 1 cup coconut milk drink (canned milk can be used but is quite rich and maybe too fatty)
- 1 teaspoon extra virgin coconut oil.
- 1/2 teaspoon ground turmeric.
- 1/4 teaspoon ground cinnamon.
- 1/8 teaspoon ground ginger.
- 1 pinch ground black pepper.

METHOD

1. Heat the milk and coconut oil in a saucepan.
2. As the milk begins to warm stir in the rest of the ingredients.
3. Once at desired temperature pour into your mug and enjoy!

DID YOU KNOW?

Curcumin, the antioxidant that gives turmeric its golden hue, has potent anti-inflammatory and anti-bacterial, gastrointestinal health properties.