



TASTY TURMERIC LATTE

I know what you're thinking, tasty, turmeric?! Trust me on this one, the cinnamon and syrup balance out any bitter taste of the turmeric powder. Don't be tempted to leave the turmeric out. It's an anti-inflammatory and helps to reduce oxidative stress. It also helps stabilize your metabolism and targets fat. Including black pepper in your latte helps you absorb the turmeric for maximum efficiency.

- 125ml full fat coconut milk
- 250ml almond/oat milk
- 1 heaped teaspoon turmeric powder
- 1/2 teaspoon cinnamon
- A few twists of black pepper
- 1/2 teaspoon maple/agave syrup

1. Add all ingredients into a medium sized pan and whisk them all together until the mixture is hot but not boiling.
2. Pour the turmeric mixture into a blender and blend on medium speed for 2-3 minutes.
3. Return to pan to reheat, pour into your fave mug and enjoy your warming tasty latte!