



Golden Turmeric Latte

2 servings

10 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 tsp Turmeric (powder)
- 1/2 tsp Cinnamon
- 1 cup Chamomile Tea
- 1 1/2 tps Coconut Oil

Nutrition

Amount per serving	
Calories	252
Fat	25g
Saturated	23g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	32mg
Potassium	239mg
Vitamin A	26IU
Vitamin C	0mg
Calcium	17mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg

Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root: Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess: Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go: Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Anti-Angiogenesis Benefit: Chamomile tea is a good source of apigenin, which has been shown to possess remarkable anti-inflammatory, antioxidant, and anti-carcinogenic properties. It induces apoptosis of various cancer cell lines and inhibits metastasis.

Anti-Angiogenesis Benefit: Cinnamon provides the phytonutrient coumarin, which has been found to have anti-tumor properties. Coumarin also acts as an antioxidant that prevents free radical damage.



Folate	2µg
Vitamin B12	0µg
Phosphorous	6mg
Magnesium	6mg
Zinc	0mg
Selenium	0µg