

Golden Milk Latte

Makes 2 Mugs

Ingredients:

- 1 ½ cups light coconut milk
(or sub other dairy-free milk of choice)
- 1 ½ cups unsweetened plain almond milk
- 1 ½ tsp ground turmeric
- ¼ tsp ground ginger *(or 1 tsp freshly grated ginger*)*
- 1 whole cinnamon stick *(or ¼ tsp ground cinnamon)*
- Pinch of black ground pepper
- 1 tsp vanilla extract
- 1 Tbsp coconut oil
(optional for richness, see notes for oil-free)
- 1 pinch ground black pepper
- Sweetener of choice
(maple syrup, coconut sugar, or stevia to taste)

Instructions:

1. To a small saucepan, add coconut milk, almond milk, turmeric, ginger, cinnamon, coconut oil (optional), black pepper, and sweetener of choice
2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling, about 4 minutes, whisk frequently.
3. Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice and flavor.
4. Serve immediately, dividing between two glasses and leaving the cinnamon stick behind. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days.

Notes: Reheat on the stovetop or microwave until hot.

*If oil-free, consider using a coconut milk with decent fat content (canned vs. boxed).