



Turmeric Latte

Ingredients:

1 heaped teaspoon turmeric powder

Big pinch of cinnamon powder

Optional - big pinch ginger powder or ¼ teaspoon
freshly grated ginger

300ml milk - any type

Honey to taste - I usually use ½ teaspoon depending on
how sweet my honey is

1 small pinch black pepper

Method:

If you would like a hot drink, then warm the milk before
adding to the other ingredients.

Into a large mug add the ingredients and stir well to
combine.

In summer I like to pour this over lots of ice and make
an Iced Turmeric Latte.



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