

GOLDEN MILK LATTE

the ultimate comfort drink for those days you need some extra self care



INGREDIENTS

- 1 1/2c oat milk (or any non-dairy milk)
- 1/4 tsp vanilla extract
- 1 tsp maple syrup (or honey)
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cinnamon
- Pinch black pepper

PREP TIME

- Prep | 2 m
- Cook | 3 m
- Ready in | 5 m

PROCEDURE

01

Combine all ingredients in a sauce pan and whisk together.

02

Allow the mixture to come to a light simmer on the stove over medium heat, whisking occasionally.

03

Remove the pan from the heat and serve immediately in a mug.

04

Sprinkle a little extra cinnamon on top.

*Optional: Use a milk frother between steps 3 and 4 to make this into a more traditional latte with steamed milk.

HEALTH BENEFITS

Golden milk is a traditional Ayurvedic recipe that has been used for centuries because of its natural medicinal properties. This recipe has been updated to include all of the healthy benefits with a more modern twist.

The spices in this recipe offer some great health benefits, while the oat milk and maple syrup offer sweetness and richness. It's the perfect treat any time of day.

TURMERIC

This vibrant spice is packed with antioxidants and acts as an anti-inflammatory compound in the body. Turmeric also helps support healthy brain function as well as the immune system.

GINGER

Ginger root and ground ginger are great for aiding the digestive system and calming nausea. It also boosts immunity and can help clear out any congestion you may have from a cold or allergies.

CINNAMON

This warming spice acts as a calming agent and also helps to balance blood sugar.

PEPPER

A pinch of pepper is essential in the recipe so that our bodies can absorb the turmeric properly. This recipe is lightly spiced, rich and creamy.

We chose oat milk because it offers a little extra natural sweetness, but you can use any type of non-dairy milk that you like. Feel free to experiment with the amount of spice you use to suit your taste buds.