



# Spiced Gold Turmeric Latte

Servings:2

Prep Time: 0

Cook Time:10 minutes

## Ingredients:

1 cup coconut milk

1 cup almond milk (can also use unsweetened)

½ teaspoon pure vanilla extract

½–1 tablespoon honey or maple syrup (to sweeten)

1–2 drops of Turmeric essential oil

1/4 teaspoon ground cinnamon

1/4 teaspoon ground turmeric

Pinch of ground nutmeg

1 toothpick of Cardamom essential oil

1 toothpick of Black Pepper essential oil

## Instructions:

In a small saucepan, combine the coconut milk, almond milk, vanilla, honey and spices.

Whisk together and bring ingredients to a boil, then reduce heat to low and simmer for 3–5 minutes to reduce the mixture a bit. Stir occasionally.

Remove the saucepan from direct heat. Add the Turmeric essential oil and the toothpick swirl of Cardamom and Black Pepper essential oils. Stir the ingredients.

Pour the mixture into two small mugs and then sprinkle a little bit of turmeric on top. Enjoy!

Tips:

You can also add a drop of Ginger essential oil for a heartier flavour.