

GOLDEN LATTE

Serves 2

Quantities of spices can be adjusted to your taste. I love ginger so I go heavy on the ginger.

INGREDIENTS

- 500 ml almond milk (or coconut milk)
- 2 tsp turmeric (powder or grated root if lucky enough to find)
- ½ tsp cinnamon powder
- Thumb size of grated root ginger
- pinch nutmeg
- pinch ground black pepper (pepper helps the power of the turmeric)
- ½ tsp raw honey

INSTRUCTIONS

- Gently warm 'milk' in a small saucepan
- Add the spices and stir to mix for about a minute
- Pour into 2 mugs
- Add raw honey to sweeten
- Sprinkle some extra nutmeg or paprika on the top

Notes

For help with boosting immunity, reducing Inflammation, improving circulation, helping reduce chilblains, reducing symptoms of Reynauds