



# Golden Milk Latte

Serves: 1

## INGREDIENTS:

- 1 cup water
- 1/2 cup light canned coconut milk
- 3/4 tsp cinnamon
- 1/2 tsp ground turmeric
- 1/4 tsp ground ginger
- 1 tsp honey or pure maple syrup
- pinch of black pepper



## INSTRUCTIONS:

**Serving size:** 1 latte

1. Bring water and milk to a slight simmer in a pot on the stove top.
2. Add in spices and lightly whisk until they are all incorporated.
3. Bring the heat to low and add in honey or pure maple syrup. Stir again.
4. After 2-3 minutes, pour into a mug and enjoy!