

TURMERIC WELLNESS BEVERAGE

Are you aware of the powers of turmeric? This bright yellow spice contains curcumin- a component which has been studied to have anti-inflammatory, antioxidant, and even anticancer properties. This hot spicy beverage is a holistic approach to ward off a cold or just treat your body well. The black pepper has been added as an ingredient as studies support that black pepper aids in the absorption of turmeric's beneficial properties.

RECIPE

1 cup almond milk
1 tbsp turmeric
1/4 tsp cinnamon
1/4 tsp ground ginger
Pinch of black pepper
1/2 tbsp honey

Heat all ingredients in a small saucepan. Use a whisk to make a cappuchino-like froth if desired. Pour into your favorite mug, and relax!

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