

Turmeric Latte

INGREDIENTS

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

INSTRUCTIONS

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!