

Turmeric Latte

Ingredients

1 1/2 c Milk
1/4 t Turmeric
1/4 t Cinnamon
1/4 t Ground Ginger
1/2 t Vanilla Extract
1 T Maple Syrup
0 ds Ground Black Pepper

Instructions

Put all the ingredients in a saucepan and whisk constantly over a gentle heat, ideally with a milk frother if you have one. Once hot, pour into mugs and sprinkle with a little more cinnamon to serve.