

Golden Milk Latte

Ingredients

2 c Milk
1 T Sugar
1 t Cinnamon
1 t Ground Ginger
1 t Turmeric
1/4 t Cardamom
1/8 t Allspice
1/8 t Nutmeg
1/16 t Black Pepper
1 t Coffee Granules (optional)
1 T Honey

Instructions

Add the milk to a medium saucepan over medium heat. Then, add the sugar, honey, cinnamon, ginger, turmeric, cardamom, allspice, nutmeg and black pepper. Whisk to combine. At this point you can mix in 1/2 teaspoon coffee granules per cup, if desired. Bring to a simmer, stirring frequently, being careful it does not scorch on the bottom. When the spices are dissolved and the milk is steaming, remove from the heat. Strain out spices and into two mugs.