Healing Turmeric Spice Latte (Dairy-Free)

There is a lot of information that has come out about the spice TURMERIC. My husband and I personally have implemented it into our diet in a number of different ways. It has been chilly here and nothing sounds more desirable than a cup of warm something! So, passing on the smoothie today, however wanting turmeric in something, I collected enough data to whip up this Latte. Not going to find this one at Starbucks, folks! Happy sipping!

~ Makes 2 Servings ~

- 2 cups of Almond Milk, Coconut Milk, or other non-dairy milk
- 1 teaspoon of Turmeric
- ¼ teaspoon of Black Pepper (when you combine black pepper and turmeric, the absorption of turmeric is actually enhanced)
- 1 inch piece of Ginger, sliced
- ½ teaspoon of Cinnamon
- ½ tablespoon of Coconut Oil
- Raw honey to sweeten (if desired)

If you have an intestinal issue where there were to be anything ulcerative, don't include the black pepper, as it could be problematic. Black pepper sometimes can make small cuts in the bowels of Crohn's disease.

1. In a saucepan, add all of the ingredients (except the honey) and whisk them together
2. Heat the mixture over medium heat until it begins to slightly bubble
3. Reduce heat to low and simmer for around 5 minutes so the flavors mesh together
4. Strain out the piece of ginger
5. Add honey to desired sweetness
6. Blend briefly in a blender, Bullet (Nutri or Magic), so it becomes whipped and slightly frothy
7. Serve in your favorite mug

Turmeric has many beneficial healing properties and has been shown to ease arthritis pain, help detoxify the liver by enhancing liver function, boost blood circulation (and also thins the blood, so be careful if on blood thinners), heal and soothe digestive tract, can reduce the pain and fever associated with illness… and countless other benefits. Inflammation is a key culprit to a lot of our ailments these days, from what I've been reading, so it can't hurt to implement this spice into our diets!

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