

Turmeric Ginger Latte

Ingredients:

1 cup milk of choice (I use vanilla almond milk)
1/2 tsp of [turmeric](#)
1 drop of [ginger essential oil](#) (or 1 tsp of fresh grated ginger)
honey to taste (I use 1 tsp)
cinnamon to dust on top (optional)

Directions:

Add all ingredients to a high-speed blender and blend until frothy. Pour into pan and warm on medium heat. Do NOT boil. Pour into your favorite mug, dust with cinnamon and enjoy.

Use this recipe as a base and experiment by adding your favorite spices.

*Please only use [high quality essential oils](#) that are recommend for internal use.