

Warming Turmeric Latte

Ingredients:

1 cup almond milk or milk of choice
1 tsp cinnamon or pumpkin pie spice
1-2 drops doTERRA turmeric oil
1 TBS collagen powder (optional)
1/2 TBS butter (optional)
honey to taste

Directions: Warm almond milk. Blend all ingredients into warmed milk using a blender or **hand frother** (preferred) until foamy. Serve in your favorite mug.