

Turmeric Late

A great alternative to tea and coffee.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 0 mins

Category: Juices and Drinks

Ingredients

Almond milk, plain or original, unsweetened	1 cup
Turmeric, ground	1/2 teaspoon
Cinnamon, ground	1/8 teaspoon
Ginger, ground	1/8 teaspoon
Cardamom, ground	1/8 teaspoon
Black pepper, ground	1 dash

Instructions

Boil water and add ground turmeric, cinnamon, ginger, cardamom, and black pepper. Stir to mix.

Play around with amounts. I use just under 1/2 tsp of turmeric and a few dashes of cinnamon, ginger, cardamom, and black pepper. I like cinnamon so I use a little more of that than ginger, cardamom, and black pepper.

You can add a drop of maple syrup or some coconut sugar if you feel it needs sweetness.

In this recipe I included store bought almond milk which is fortified with more nutrients. If I used my home-made almond milk the nutrient content would be different.

