

Golden Milk Turmeric Latte

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/golden-latte-recipe-indian>

Ingredients:

- 2 cups milk vanilla, plant protein milk, unsweetened vanilla almond milk or another nut milk, coconut milk, or regular milk
- 1 teaspoon vanilla extract if the milk you're using isn't vanilla flavored
- 1 teaspoon turmeric
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground pepper 1/8 teaspoon if you like it less spicy
- 1/4 teaspoon sea salt

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 240 milligrams
9. Sugar: 8 grams

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