



## TURMERIC-LATTE (GOLDEN MILK)

Turmeric has been known as a universal remedy for decades and is now getting more popular among health-conscious people in Germany as well. It has an antioxidant and anti-inflammatory effect and improves digestion. Turmeric has its own distinctive taste, which is complemented by the sweetness of the honey and the cinnamon. A pinch of pepper and a bit of ginger complete the flavour of the Golden Milk. Easy and fast in the making, this trend beverage brings variety into your coffee routine.

### INGREDIENTS

#### For 350 ml:

- 330 ml almond drink or milk
- 1 espresso shot
- 1 teaspoon turmeric powder
- 1 teaspoon cinnamon
- 1 hazelnut-sized piece of ginger
- A pinch of pepper
- Honey or agave syrup to sweeten

### PREPARATION

Heat up the milk and prepare the espresso. In the meantime, peel the ginger and rasp it into the milk. Add the other ingredients to it and stir to dissolve. Use more turmeric powder if necessary. Let it boil up and fill it in the BODDELS KOFFJE mug afterwards. It keeps your Golden Milk warm for a long time, so that you can enjoy it on the go.

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