

Iced Turmeric & Ginger Latte

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup coconut milk
- 4 tsp finely grated fresh turmeric root
- 1 tsp finely grated fresh ginger root
- 1 tbsp maple syrup
- Pinch of ground cinnamon

Instructions:

1. Combine coconut milk, turmeric and ginger root in a bowl. Let sit for 5 to 10 minutes. Strain through a wire mesh sieve or nut bag. Add maple syrup. Pour the strained liquid over a large glass full of ice. Sprinkle with cinnamon and ENJOY!!! It's amazing!!

Notes:

You can toss the leftover turmeric and ginger into a smoothie the next day. Serves 1.