

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 (or pinkie size fresh root)
- 1 tsp finely grated fresh ginger root (or pinkie size fresh root)
- 1 tbsp maple syrup or liquid honey
- 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!!
2. Or you can place all your ingredients into a high power blender and blitz. You can strain if you want or just drink it as it. You'll have some grit at the bottom of the glass which you can eat or discard.

Notes:

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

Alternatively, toss all your ingredients into a blender, blitz and pour over ice.