

# Lazy Lady Turmeric Latte

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 tsp ground turmeric
- 1 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1 tsp heaping spoonful raw honey
- 1/2 cup hot filtered water
- 1 cup nut milk

## Instructions:

1. Place spices and honey into a heat safe jar.
2. Boil water and pour into jar. Then add nut milk. Allow water to cool slightly before putting on the lid and seal tightly.
3. Now shake, shake, shake that latte!
4. Sip and enjoy!

## Notes:

Serves 1. Please be careful when you seal the jar. Make sure the liquid isn't too hot. If it's too hot and the steam cannot escape the lid may pop open and spill everywhere when you shake it. You definitely don't want your whole kitchen stained with turmeric!