

Turmeric Collagen Spicy Latte

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 scoop Collagen (10g)*
- 2 tsp ground turmeric or 2 pinkie size fresh root
- 1 tsp ground ginger or pinkie size fresh ginger root
- 1/4 tsp black pepper
- 1/8 tsp ground cayenne
- 3 tbsp coconut butter or 1 cup non-dairy milk
- Optional: 2 tbsp raw honey or maple syrup
- 2 cups filtered hot water (if using non-dairy milk instead of coconut butter, then only 1 cup hot water)

Instructions:

1. Place collagen, turmeric, ginger, black pepper, cayenne, coconut butter or non-dairy milk and raw honey, if using into a high power blender.
2. Slowly add hot water and let steam dissipate before placing the lid on the blender.
3. Blend for 60 seconds until it's nice and frothy. If you want, you can strain through a fine mesh sieve or nutbag and then you won't have any ingredients that settle to the bottom.
4. Drink right away or store in the fridge for up to one day.

Notes:

Serves 2.