

Jody's Golden Milk Latte

Ingredients

- 1 cup almond milk (she sometimes uses coconut or oat milk)
- 1 inch fresh ginger root, peeled and sliced thin
- 2 fresh turmeric roots, peeled and sliced thin
- 1/4 teaspoon black peppercorn
- 1 teaspoon unrefined coconut oil
- 1 teaspoon raw honey
- 1 cinnamon stick

Preparation

- Combine all ingredients in a saucepan and bring to a gentle boil.
- Simmer for 10-12 minutes to infuse the milk with all these healing, delicious foods...
- Pour into a mug and enjoy!