

# Food Babe's Healing Iced Turmeric Latte



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	10 mins	20 mins	2

<https://foodbabe.com/healing-iced-turmeric-latte>

## Ingredients:

- 2 cups almond milk (nut allergy: use coconut milk)
- 1 tablespoon raw honey (get local if possible)
- 2 teaspoons coconut oil
- 3 tablespoons fresh turmeric root, grated
- 1 pinch cinnamon
- ½ cup coconut water
- 2 cups ice cubes

## Instructions:

1. Place the milk, honey and coconut oil in a small pot over low heat to warm. Once warm to the touch, take off the heat.
2. Place the turmeric, cinnamon and coconut water in a blender and blend for 1-2 minutes.
3. Fill a glass halfway with ice, and add 3-4 tablespoons turmeric mix. Fill the glass the rest of the way with the warm milk mix, roughly 1 cup. Enjoy!

## Notes:

- Please use all organic ingredients if possible