## **A cup of coffee on a table  Description automatically generatedTurmeric Latte**

**\*Recipe from the book, *Fiber Fueled,* by Will Bulsiewicz, MD, MSCL**

“Researchers have found that phytochemicals from natural foods, such as the curcumin found in turmeric, may be a safe and effective way to help reduce inflammation. While acute inflammatory responses are beneficial for the body in that they help heal injury or infection, we know that chronic inflammation can contribute to chronic disease such as heart disease or cancer.”

To read more on the studies of Turmeric, check out this journal article from PubMed Central:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>

Ingredients

* 2 cups unsweetened almond milk
* 1 teaspoon vanilla extract
* 1 tablespoon 100% maple syrup
* 1 teaspoon ground turmeric
* ¼ teaspoon ground cinnamon
* Pinch of ground nutmeg
* Pinch ground cardamom
* Pinch freshly ground pepper

Directions

* In a small pot over medium heat, combine the milk, vanilla, maple syrup, turmeric, cinnamon, nutmeg, cardamom, and pepper. Whisk together and bring to a low boil, then reduce the heat to low and simmer for 5 minutes, stirring continuously.
* Divide into 2 mugs and serve.

\*To make an iced latte, place the milk, vanilla, maple syrup, turmeric, cinnamon, nutmeg, cardamom, and pepper in a mason jar with a lid and shake vigorously until well combined. Serve over ice, adding more maple syrup as desired.