

# Golden Milk Latte



## Recipe:

Milk: I typically use Organic Almond milk or 50/50 full fat coconut (Arriy-d) milk and water  
Sweetener: You're welcome to add in a drizzle of maple syrup, honey, agave or monk fruit to lightly sweeten.

Warming spices: I love using a simple mix of ground turmeric, ground cinnamon, ground ginger, cardamom, nutmeg, ground cloves, and fine sea salt for my golden milk powder base.

Vanilla extract: A splash of vanilla is optional but really brings out the best of these warming spices.

Heat the milk, dissolve your spice blend in, add your sweetener (optional), vanilla extract and ENJOY!!