

Turmeric EVOO Latte

Ward off winter colds and boost your immunity with this delicious latte! The milk solids and protein ensure the olive oil adds extra fruity notes and compliments the turmeric and ginger, ideally to make a balanced flavor.

2 cups almond milk or 2% milk
2 Tbsp Robust EVOO
1 tsp ground Turmeric
1 tsp grated fresh ginger
4 green cardamom pods
½ tsp ground Cinnamon
1 Tbsp honey

Add in all ingredients into a saucepan. Heat over medium-low heat and stir to blend together. Let simmer for 5 minutes to warm and allow the flavours to infuse. Strain milk through a fine mesh sieve.

Froth milk with a milk frother or in a blender, if desired, or drink as is.