

Creamy Turmeric Tea



This Recipe is from

<https://thetruthaboutcancer.com/turmeric-tea-recipe/>

Ingredients:

- 1 ½ teaspoons turmeric powder
- ½ teaspoon Ceylon or regular cinnamon
- ½ teaspoon fresh ginger, chopped OR ¼ tsp ground ginger
- ⅛ teaspoon ground cloves
- 2 pinches of ground cardamom
- 1 teaspoon raw cold pressed coconut oil
- 1 ½ cups fresh coconut or almond milk OR purified water (water makes it less creamy)
- Dash of black pepper, freshly ground
- Raw honey OR coconut nectar OR Lakanto to taste
- Cinnamon stick or a sprinkle of spices for garnish (optional)

Directions:

1. Blend all ingredients in a blender on high speed setting until smooth.
2. Pour into a small pot and heat on low temperature until nearly simmering, approximately three minutes.
3. Remove from heat and serve immediately in a mug, garnished with a cinnamon stick.
4. For an Iced Turmeric Tea Latté, allow to cool and pour into a glass filled with ice cubes. Sprinkle with extra spices if desired.