



Gut Loving Latte aka Turmeric Latte aka Golden Milk

Prep time: 5 minutes

Total time: 15 minutes

Yields: One 2 cup latte

Ingredients

- 2 cups coconut milk
- ¼ tsp. turmeric powder
- 1/8 tsp. ginger powder
- 1 tbsp. collagen powder
- ½ tbsp. honey
- ½ tbsp. mct or coconut oil

Cooking Directions

1. Heat coconut milk over medium-high heat for 2 minutes
2. Add turmeric and ginger
3. Pour mixture into a blender (be careful, its hot!)
4. Add collagen, honey and oil
5. Pulse for 30 seconds
6. Pour and enjoy!