

TURMERIC LATTE MIX

Ingredients

2 cups of coconut milk powder
1 cup of coconut palm sugar
½ cup of turmeric spice
¼ cup of ginger spice
2 teaspoons of black pepper (I prefer finely ground)
1 teaspoon of Himalayan/pink salt

Optional if you like spice: ½ teaspoon of cayenne spice
Optional: 1 tsp of vanilla bean powder

How to Make

Place all the dry ingredients in a deep bowl and mix them well.
Store in a tightly sealed mason jar and don't fill the bottle to the top, leaving room to shake it before you use it.

To Use:

1. If you like a creamier type of drink use any milk you prefer, add 1 to 2 teaspoons of the above mix and warm it up.
2. If you are not bothered about a thicker drink just add 1 to 2 teaspoons to hot water. The amount of mix you use is personal preference.

If you would rather not use a milk powder then don't! Use the other ingredients but use less mix when adding to milk or water as it is stronger.
You can add ghee or coconut cream/butter or even shea butter to it...but I haven't tried that. Not sure you need to really.

I bought my coconut milk powder from The Coconut Company and spices from Stay Fresh Organics. Another company worth looking at may be Indigo Herbs.