

# LOVE THY CARROT

*real food made with love*

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## TURMERIC TEA WITH ALMOND MILK

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**This recipe serves: 2**

### INGREDIENTS

- 2 1/2 cups unsweetened almond milk, (or any milk you like)
- 1 cup of water
- 1 or 2 cinnamon sticks or 1/2 tsp ground cinnamon (or more to taste, I like lots)
- 1 - 2inch piece turmeric, unpeeled, thinly sliced, or 1 tsp dried turmeric
- 1 - 1 inch piece ginger, unpeeled, thinly sliced or 1 tsp dried ginger
- Fresh nutmeg, about 1/4 tsp freshly grated, or 1/4 tsp dried
- 1 tablespoon honey, maple syrup or 1 packet of stevia, (or more to taste)
- 6 whole black peppercorns
- More ground cinnamon to sprinkle on top

### DIRECTIONS

1. In a small saucepan add milk, cinnamon, turmeric, ginger, nutmeg, honey, peppercorns and 1 cup of water, bring to a low boil.
2. Turn down the heat and simmer for about 10 minutes. The longer you simmer the tea, the stronger and more intense the tea becomes.
3. Strain and pour into 2 mugs.
4. Top with a sprinkle of cinnamon.

## VARIATIONS

Try adding any of these additions while simmering your tea.

- Add 2-3 whole cardamom pods while boiling
- Add 1 tbsp coconut oil
- Add 1 tsp of vanilla extract
- To chase away your chocolate craving try adding a tsp of cocoa powder.

## COOKS NOTES

- You can double the recipe and store in the fridge, gently warm before serving.
- I like to use fresh turmeric, but don't worry if you can't find it at the store, substitute with dried.
- If you like your drink a bit sweeter, just add more sweetener to taste.
- Turmeric stains like crazy – from clothing to countertops – so be careful!