

Turmeric latte



 10 min.  92 kcal  SteviaSweet Liquid

Preparation

Heat the oat milk in a saucepan, but do not allow to boil. Add the turmeric, cinnamon, ginger and SteviaSweet Liquid. Beat with a whisk or milk frother. Then pour into cups or glasses and garnish with a little freshly ground black pepper. Enjoy while warm.

Ingredients for 2 servings

400 ml	oat milk or other plant-based milk
2 tsp	ground turmeric
1 tsp	ground cinnamon
1 tsp	fresh ginger, grated
5 drops	SteviaSweet Liquid
	black pepper

Nutritional information per portion

92	kcal
386	kJ
1.5	g Protein
6	g Carbohydrates
2.5	g Fat