

Turmeric Tea

Ingredients

- 1 cup unsweetened almond milk
- ¼ tsp cinnamon
- ¼ tsp turmeric
- ¼ tsp ground ginger
- 1/8 - ¼ tsp cardamom
- Pinch of ground cloves (optional)
- Honey to taste



Directions

1. Heat almond milk on medium heat with spices and whisk. Heat until tiny bubbles form around edges of pot. Turn heat down low and let steep for at least 5-10 minutes. Careful not to burn milk.
2. Pour through a sieve into a mug and add honey to taste.