Keto Golden Turmeric Iced Latte

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving, 1 cup/ 240 ml): Total carbs: 5.3 g, Fiber: 0.8 g, **Net carbs: 4.4 g**, Protein: 3 g, Fat: 25.6 g, Calories: 247 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 regular or 8 small servings)

2 cups coconut milk (480 ml/ 16 fl oz)

2 cups unsweetened almond milk, or water for nut-free (480 ml/ 16 fl oz)

2 tbsp freshly grated turmeric *or* 2 tsp ground turmeric

1 tbsp freshly grated ginger *or* 1 tsp ground ginger

1 tsp cinnamon

1 tsp vanilla powder

1/4 tsp ground black pepper *(do not skip - it significantly improves absorption of turmeric)*

Optional: 2 tbsp Erythritol *or* Swerve (20 g/ 0.7 oz) *or* Stevia drops to taste

Optional: 2 tbsp virgin coconut oil *or* MCT oil *or* Brain Octane Oil

ice to taste

Note: a regular serving is 1 cup, a small serving is 1/2 cup.

Instructions

1. Grate the ginger and turmeric. I'd recommend using protective gloves as the turmeric will stain your fingers. Same applies to your kitchen work top or chopping board so best to avoid your most loved surfaces.
2. Place the coconut and almond milk in a pan . Add the grated turmeric, ginger, vanilla, black pepper. Optionally, add erythritol and MCT oil (extra energy boost).
3. Bring to the boil and simmer for 5 minutes. Turn off the heat and allow to stand for 5 minutes. Strain through a muslin cloth and discard the spices. Option to add the extra coconut oil, my favourite, stir and pour into a hand blender and pulse until frothy.
4. Allow to cool. Option to then place in the fridge for approximately 15 minutes until chilled. Place ice in a glass and pour over the Dairy Free Iced Golden Milk Latte.
5. Store in an airtight container in the fridge for up to 5 days. The spices will settle, so simply give the golden milk a quick stir before serving.

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