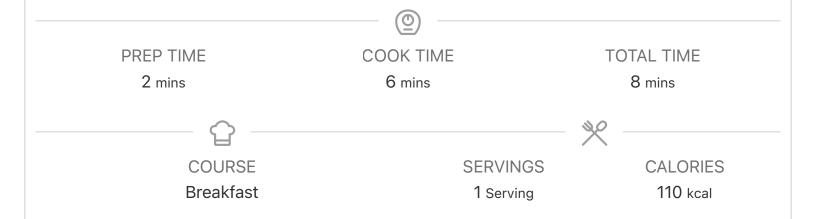
Comforting Oat Milk Turmeric Latte



Everest

The latest latte trend for comforting, earthy, anti-inflammatory, and vegan-friendly options.



INGREDIENTS

- 11/2 cups oat milk unsweetened
- 1 tsp turmeric ground
- 1/2 tsp cinnamon ground
- 1/4 tsp ginger ground
- 1 tsp maple syrup
- 1/2 tsp vanilla extract
- 1 pinch black pepper (boosts turmeric absorption)
- 1 pinch sea salt or cardamom (optional, for extra depth)

INSTRUCTIONS

- 1. Warm the oat milk in a small saucepan over medium heat. Don't let it boil—just a gentle simmer.
- 2. Whisk in the turmeric, cinnamon, ginger, and black pepper. Keep stirring to break up any clumps.
- 3. Stir in the **maple syrup and vanilla extract.** Let the mixture simmer for 2–3 minutes, until it's deeply golden and aromatic.

- 4. **Optional frothing:** Use a handheld milk frother or blend the mixture for 10 seconds to make it extra creamy.
- 5. **Serve immediately** in your favorite mug. Garnish with a sprinkle of cinnamon or turmeric on top if you're feeling fancy.

NOTES

Nutritional Facts (Per Serving)

(Approximate values based on unsweetened oat milk)

• Calories: 110

• Carbohydrates: 16g

• Protein: 2g

• **Fat:** 4g

• **Sugar:** 4g

• **Fiber:** 1g

• **Turmeric (curcumin) benefits:** Helps fight inflammation, may reduce joint pain, supports brain and heart health

Storage

- **Fridge:** Store any leftovers in a sealed jar in the fridge for up to 2 days.
- Reheat: Gently warm on the stove or microwave. Shake or stir well before serving.



KFYWORD

Latte