


Comforting Oat Milk Turmeric Latte




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



PREP TIME

2 mins




COOK TIME

6 mins

TOTAL TIME

8 mins




COURSE

Breakfast

SERVINGS

1 Serving



CALORIES

110 kcal

INGREDIENTS

- 1 1/2 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.



KEYWORD

Latte