

Anti-Inflammatory Turmeric Latte

Say hello to a therapeutic twist on the beloved golden milk, with our Anti-Inflammatory Turmeric Latte.

This soothing blend brings together warm spices and **CanPrev's Curcumin Unlocked**, a powerful combination designed to ease joint pain and bring comfort to digestive woes. Commonly used in Ayurvedic remedies, curcumin's antioxidant properties tackle inflammation from within by neutralizing free radicals in the body.

Sip achy joints and tummy troubles away!



Preparation time: 10 mins | Servings: 3



Ingredients

- 1 cup dairy-free milk of choice
- ½ cup hot water
- 1 tbsp maple syrup
- 1 tsp coconut oil
- ½ tsp ginger powder
- ½ tsp cinnamon
- 1 capsule Curcumin Unlocked

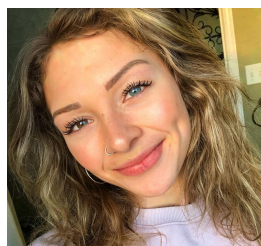
Method

1. Break open the capsule of curcumin and add all ingredients to a pot over medium heat.
2. Whisk the mixture until all the lumps are gone.
3. Once small bubbles start to form, blend the mixture in a high speed blender to help froth the milk (alternatively, you can use a hand frother).
4. Divide into three mugs, top with an extra sprinkle of turmeric, and enjoy!

Featured Products



Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

