THE LIGHTER PLATE METHOD

Golden Turmeric Latte

A gently spiced, velvety hot drink the colour of late afternoon sun.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**5 min**	**8 min**	**2**	**EASY**

Ingredients

- 500 ml semi-skimmed milk or oat milk
- 1.5 tsp ground turmeric
- 2 cm piece fresh root ginger (finely grated)
- 0.5 tsp ground cinnamon
- 1 pinch black pepper
- 2 tsp honey

Method

1. Put the milk, turmeric, ginger, cinnamon and black pepper in a small saucepan.
2. Warm over a medium-low heat for 4–5 minutes, whisking now and then, until steaming but not boiling.
3. Strain through a fine sieve into two mugs to catch the ginger fibres.
4. Stir in the honey and whisk briefly to raise a little foam.

Tips & swaps

- The pinch of black pepper is traditional and rounds out the turmeric's slightly dusty edge. Whisking hard at the end gives you the café-style froth without a milk frother.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
130	**6g**	**14g**	**5g**	**1g**

Estimated values, for guidance only. Contains: Milk.