

# Turmeric Tea Latte

## a.k.a. “Golden Milk Tea”

### Ingredients

- 2 cups milk of choice
- 1 tsp turmeric
- 1/2 tsp cinnamon powder
- pinch of ground black pepper
- tiny piece of fresh peeled ginger root or 1/4 tsp ginger powder
- 1 tsp honey or maple syrup, or to taste
- pinch of cayenne pepper (optional)

**Nutrition Tip:** Turmeric is a golden spice, popular in Indian Cuisine, with powerful antioxidant and anti-inflammatory properties. Golden milk tea is a great choice when you're craving a warm, caffeine-free drink.



### Directions

1. Blend all ingredients in a blender or with a hand mixer or whisk until smooth.
2. Pour into a small saucepan and heat for about 5 minutes over medium heat until hot, but not boiling. Drink immediately.

Recipe adapted from <https://wellnessmama.com/223/turmeric-tea/>

Get more recipes at

**[uhs.berkeley.edu/studentnutrition](https://uhs.berkeley.edu/studentnutrition)**

## Mindful Moment

SIT WITH A CUP OF TEA.  
BRING YOUR ATTENTION  
TO THE EXPERIENCE.

### NOTICE...

THE SMELL, TASTE,  
TEMPERATURE AND THE  
FEEL OF THE MUG IN YOUR  
HANDS AND THE TEA IN  
YOUR MOUTH.



*Mindfulness is a state of intentional, nonjudgmental focus on the present moment. Practicing Mindfulness may sharpen memory and improve mental performance and reduce stress, depression and anxiety. Look for simple ways to weave mindfulness into your day. This tea exercise grounds you into your body and into the present moment through your senses of sight, smell, taste, and touch.*