

# Spicy Turmeric Latte



Turmeric is a powerful antioxidant and anti-inflammatory, among many other health benefits. Try our Fiery Sweet Mesquite honey in this recipe for a healthy drink that's comforting to sip on.

## Ingredients

1 cup unsweetened almond milk  
2 tablespoons Fiery Sweet Mesquite honey  
½ teaspoon turmeric paste\*  
¼ teaspoon ground ginger  
¼ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
½ teaspoon pure vanilla extract  
Seeds from 1 cardamom pod  
1 star anise

## Instructions

Add almond milk, turmeric paste, ginger, cinnamon, nutmeg, cardamom and anise to saucepan and place over low heat. Whisk until combined. Bring to steaming, just below simmer, stirring occasionally for approximately 10 minutes. Do not let it come to a boil.

Remove from heat and add honey and vanilla. Use a frother to froth the tea, if desired. Pour into mug and spoon the front over the top.

Serves one.

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# \*Turmeric Paste

## **Ingredients**

1 cup water (plus a little extra)  
½ cup turmeric powder  
½ cup coconut oil  
1 ½ teaspoons freshly ground black pepper

## **Instructions**

Add turmeric powder and 1 cup of the water to a small pan and stir over low heat for at least 7 minutes. Add water as needed during this process. A thick paste will form. At the end of cooking, add the pepper and oil and stir very until both are fully incorporated. Allow to cool. Turmeric paste will keep in the refrigerator for up to two weeks and can be placed in the freezer to keep longer.

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