

Turmeric Ginger Latte

Amy Symington

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

6 servings

1½ tsp (7 mL) coconut oil
1 tbsp (6 g) ground turmeric
1½ tsp (3 g) ground ginger (or grated fresh ginger)
¼ tsp cardamom
¼ tsp black pepper
6 cups (1.5 L) almond milk
4 tsp (20 mL) maple syrup

24 servings

2 tbsp (30 mL) coconut oil
¼ cup (20 g) ground turmeric
2 tbsp (12 g) ground ginger (or grated fresh ginger)
1½ tsp (2 g) cardamom
1½ tsp black pepper
24 cups (6 L) almond milk
6 tbsp (90 mL) maple syrup

Directions

1. In a medium sauce pan over medium heat, add coconut oil.
2. Once melted, whisk in turmeric, ginger, cardamom, and pepper. Toast until fragrant, about one minute.
3. Next, whisk in almond milk. Bring to a simmer, about 3 minutes. Allow to simmer for an additional 3 minutes.
4. Sweeten with maple syrup and enjoy!

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) par 1 tasse (250 mL)	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 190 mg	8 %
Potassium 250 mg	5 %
Calcium 225 mg	17 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 0 mcg	0 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin E / Vitamine E 10.5 mg	70 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Intro: This warming and beautiful beverage is liquid anti-inflammatory gold. It is overloaded with curcumin rich turmeric combined with buttery coconut oil, spicy ginger, vitamin E rich almond milk, and a touch of sweet floral smelling cardamom. It is luxury and comfort in a mug! Cheers!

Symbols: good for bowel motility, nausea and fatigue, good for fall and winter, easy to swallow, soy free

Functional foods present: turmeric, ginger, spices, nuts (almond)

Examples of phytonutrients and anti-oxidants present: curcumin (turmeric), gingerol (ginger), vitamin E (nuts)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.



“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”

– Amy Symington