

Soothing Golden Milk Turmeric Latte Recipe with Bone Broth



Prep Time

8 minutes

Total Time

8 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Blender, Immersion Blender, or Frother



Nutrition

189 Calories

10g Fat

21g Protein

3g Net Carbs

Ingredients

- 1 scoop Natural Force Organic Turmeric Bone Broth Protein
- 1 cup unsweetened almond milk
- 1 tbsp Natural Force MCT Oil
- ½ tsp cinnamon pinch of black pepper
- 1 - 1 ½ tsp Lakanto Maple Flavored Sugar-Free Syrup

Instructions

1. In a medium pot over medium heat, add almond milk, Bone Broth Protein, MCT Oil, cinnamon, and black pepper.
2. Whisk until mixture is hot and ingredients are well combined.
3. Pour mixture into a high-powered blender and add the maple flavored syrup.
4. Blend on medium-high for 30 seconds until creamy and frothy.
5. Pour into a mug and top with a dash of cinnamon. Enjoy!