

ICED TURMERIC LATTE

Created By June Ok
MRO's Summer Intern Class of 2022



A TASTY iced latte
with immune-supporting
& neuroprotective properties

INGREDIENTS



1 Serving
MaryRuth's Organic
Turmeric Gold Herbal Blend



1 Cup
Almond Milk or Oat Milk



1/4-1/8 Tsp
Ground Turmeric



Dash of
Ground Cinnamon



1/8 Tsp
Ground Ginger
(optional)



1/4 Tsp
Vanilla Extract
(optional)

INSTRUCTIONS

1. Add 1/2 cup oat or almond milk, cinnamon, ginger (optional), and ground turmeric to a small pot.
2. Whisk while you bring the liquid to a boil.
3. Turn off heat immediately.
4. Pour into a glass and let cool.
5. Add remaining 1/2 cup milk and stir in vanilla extract (optional).
6. Stir in one serving of Organic Turmeric Gold Herbal Blend Drops.
7. Add ice and serve!