



Cashew Golden Milk Latte (4-6 servings)

Ingredients

1 cup cashews - toasted

6 cups water - alkaline

2 tsps ground turmeric

2 tsps cinnamon

1 2-inch piece, fresh, peeled ginger or 2 Tbsps ginger paste

1/4 cup honey, or agave syrup

Generous pinch salt

Cinnamon stick to garnish

Preparation

- Toast the cashews by placing in a skillet with no oil over low heat.
- Gently toss until the cashews are lightly toasted.
- When cashews have cooled, place in a food processor or blender and pulverize into a powder.
- Blend the powdered cashews and the water in a blender until very smooth (*approx. 1-2 mins.*)
- Add turmeric, cinnamon, ginger, honey, and salt.
- Blend well and adjust to taste.

Serving Suggestion: Place a cinnamon stick into glass, or mug and serve warm, or cold!