

## **Invincible Golden Noggin Nog Latte**



*Ayurvedic “golden milk” meets “butter coffee” in this comforting nutty nog-spiced latte. Golden milk is typically prepared with turmeric and milk, while butter coffee is usually whipped up in a blender with unsalted dairy butter and MCT oil. This vegan hybrid version is naturally caffeine-free, but doesn’t lack for brain-boosting power! Turmeric, as an anti-inflammatory and antioxidant, and coconut oil, as a source of energy without spiking insulin, are both under study for their potential uses in degenerative cognitive disorders. They also both have reputations for myriad other health benefits! Bonus: combining turmeric with a fat like coconut aids the body’s ability to absorb curcumin. Adding a festive twist with eggnog spices like cinnamon and nutmeg makes for a warming, healthy alternative to the traditional hot cocoa.*

### **Ingredients:**

- ½ tsp. ground turmeric
- ½ tsp. ground cinnamon
- Pinch ground cardamom
- Pinch ground nutmeg
- 1-2 tsp. maple or coconut sugar, to taste
- ½ tsp. vanilla extract OR pinch real vanilla bits
- ½ cup hot water
- 1 cup unsweetened coconut or cashew milk
- 1 Tbsp. coconut oil, high-quality MCT oil, and/or coconut butter

### **Directions:**

*Method 1: Tea latte style:* Place spices, sugar, and vanilla in a large mug. Pour hot water over the spice mixture and let steep. While spices are steeping, warm the milk and coconut oil/butter together slowly in a small saucepan, stirring frequently. (Note: if using MCT, add to steeping spices.) Once milk is warm, add to spice mixture. Froth it all with a whisk or in a blender, or froth the milk separately before adding to spices.

*Method 2: Creamy chai style:* Switch out ½ cup hot water for additional ½ cup coconut/cashew milk (1½ cups total). Combine everything in pan and heat slowly, stirring frequently. Froth as per Method 1.

Serve hot and enjoy! Makes 1 large or 2 small lattes.