



Organic-Golden-Milk

Spice mix for the preparation of a turmeric latte

Useful information:

Golden yellow, tasty and refreshing! Still an insider tip until just recently, Golden Milk has become a trend drink, also under the name turmeric latte. There are good reasons for this: the aromatic-spicy flavour and the soothing, stimulating effect. Golden milk owes its golden yellow colour and thus its name to the main ingredient turmeric. The turmeric root is known for its valuable ingredients and positive properties. Our blend is complemented by the best Ceylon cinnamon and ginger, which additionally stimulates the metabolism and provides a pleasant spiciness. Rounded off with a touch of pepper, whose ingredient piperine promotes the absorption of the curcumin, and a pinch of nutmeg results in a harmonious blend. This makes it the ideal companion for nutrition-conscious everyday life: Prepared with cow's or vegetable milk, it is suitable as a real power drink to start the day or for the lunch break. But it can also be used for cooking and baking.

Ingredients: Turmeric, Ceylon cinnamon, ginger, black pepper, nutmeg. All ingredients from controlled organic cultivation.

Recommended use: Thicken 1 teaspoon (3-4 g) of Organic-Golden-Milk powder with a little water to make a paste and mix well with 250 ml of milk or vegetable drink, boil briefly and froth up briefly as desired - enjoy!

Tip: You can also add ½ teaspoons of coconut oil or any sweetener (e.g. agave nectar, honey, sugar or coconut blossom sugar) for an individual touch.

Note: The spices do not dissolve completely! We therefore recommend stirring the milk well just before drinking. This gives you a balanced taste experience from the first to the last sip.



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Close properly and store in a dry place.

Contents 200 g powder

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