Turmeric Latte (Plant Based)

From the teas.co.uk wiki

A **turmeric latte**, the golden milk you see all over cafes, made at home from a tea bag for a fraction of the price: a strong lemon, ginger and turmeric concentrate under frothed oat or coconut milk, with a pinch of black pepper to help the turmeric carry its colour and flavour through the milk fat. Keep the lemon as zest rather than juice, as juice would split the plant milk. It uses Good Earth Lemon, Ginger and Turmeric, which is caffeine-free; ten minutes, dairy-free, one good-sized cup.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Turmeric Latte (Plant Based) recipe. Canonical: https://teas.co.uk/recipes/turmeric/turmeric-latte-plant-based/*

For the plain hot version, see how to brew lemon, ginger and turmeric tea, or take it as a morning lemon, ginger and turmeric shot.

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