



MedStar Health

## Glowing Turmeric Latte

### INGREDIENTS

1 cup milk (of choice)  
½ tsp turmeric  
1 tsp honey  
1 whole cardamom

### DIRECTIONS

**Step 1:** Combine all ingredients in a sauce pan on medium to high heat.

**Step 2:** Heat the combined ingredients to a boil

**Step 3:** Pour into a mug to serve

*\*Any type of milk or non-dairy milk can be used. Nutrition facts are for cooking with Fairlife 2% mil.*

**Servings:** 1

**Serving Size:** 1 cup

**Calories:** 141g

**Total Fat:** 4.5g

**Total Carbs:** 11.8g

**Total Protein:** 13g

To learn more about the Fresh & Savory Culinary and Living Style Medicine Program,  
call **202-416-2000 PHONE** or visit **[MedStarHealth.org/Lafayette-Centre](https://www.MedStarHealth.org/Lafayette-Centre)**.