

## Golden Chai Latte

(Makes 1 cup)

### Ingredients:

- 1 cup unsweetened almond milk or coconut milk (or any preferred nondairy milk)
- $\frac{3}{4}$  teaspoon *Seven Happy Seeds Turmeric Chai Spice*
- 1 teaspoon pure maple syrup/ honey/ preferred sweetener (optional)

1. Combine milk, turmeric chai spice, and sweetener in a small saucepan and heat with regular stirring over medium heat, until milk is steaming and spices dissolve (7-8 minutes).
2. Enjoy as a hot drink on a chilly night (or fill a jar with lid to refrigerate for up to one week).