



Glow Up LATTE

Ingredients

1.5 cups Nut juice (unsweetened almond, coconut or cashew mylk)
1-2 cups Chaga tea
1 tsp Canadian Maple Syrup
1 tsp Turmeric “Golden Mylk” latte spice blend

GOLDEN MYLK BLEND

1 1/2 tsp turmeric
1/2 tsp cinnamon
pinch of black pepper
1/4 tsp ground ginger

Mix and keep in an air tight glass jar. Feel free to add other rich flavours such as Ashwaganda or Cardamom, based on your taste, to your blend.

Directions

1. Brew Chaga tea. This is your top-up liquid. You can never have too much or too little in your home and it has many uses! Substitute this power-punch tea wherever you'd add water in your kitchen. I keep my Chaga on a constant, slow, brew in my slow-cooker especially in the colder months.
2. Purchase or make your own “Golden Mylk” blend and add your mug.
3. Add maple syrup - as sweet as you like!
4. On the stovetop, gently warm your preferred Nut Juice, and add to your mug.
5. Top-up with Chaga tea, until your mug is full.
6. Sprinkle cacao powder, cinnamon, vanilla or other belly warming flavours to your mug and enjoy!