



INGREDIENTS

- 2 cups milk of choice
- 3 tablespoons maple syrup
- 2 sachets JMP Golden Turmeric Latte (Pumpkin Spice)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1 pinch ground black pepper
- 1 pinch grated nutmeg
- ¼ teaspoon vanilla extract

Iced Golden Milk Latte

This Iced Golden Milk Latte is a refreshing, delicious treat, plus it's loaded with anti-inflammatory health benefits and ancient healing spices.

DIRECTIONS:

- Combine JMP Golden Turmeric Latte powder plus all ingredients in a cocktail shaker.
- Shake the mixture well and pour over ice into two serving glasses.

Serve & enjoy!

NOTES:

To extract more anti-inflammatory properties from the JMP Golden Turmeric Latte, heat the mixture until very warm and let cool naturally.

Storage: Keep in an airtight container in the refrigerator up to 5 days.



myjamaicamountainpeak

