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TURMERIC

Coffee

A warm, golden blend of coffee and turmeric to energize your day the natural way.

INGREDIENTS

- 1 cup freshly brewed coffee
- ½ teaspoon ground Turmeric
- ¼ teaspoon ground cinn (optional)
- Pinch of black pepper (helps absorption)
- 1-2 teaspoons honey or maple syrup (optional)
- ¼ cup milk or plant-based milk (optional, for creaminess)
- ½ teaspoon coconut oil or butter (optional, for richness)



INSTRUCTIONS:

Brew your coffee as usual. In a mug, whisk together turmeric, cinnamon, and black pepper. Pour in the hot coffee and stir well. Add milk and sweetener if desired. Blend or froth for a creamy, latte-style texture (optional).

GOOD TO KNOW

- Turmeric contains curcumin, a powerful antioxidant and anti-inflammatory.
- Black pepper helps your body absorb curcumin more effectively.
- Coconut oil or butter may support better absorption of curcumin.
- A delicious way to enjoy the benefits of turmeric every day!

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