

# **INSTANT TURMERIC LATTE** WITH BLACK PEPPER

### DAIRY-FREE, GLUTEN-FREE AND CAFFEINE-FREE

A frothy turmeric and coconut milk drink, sweetened with raw coconut nectar. A delicious alternative latte - simply add water





## SWEET REVOLUTION ★ OUTRAGEOUSLY GOOD ★

Turmeric is the ground root of the Curcuma Longa plant, a herbaceous perennial belonging to the ginger family. It has been used for thousands of years throughout the Orient where it has been recognised for its amazing properties, and is even used as a component in religious ceremonies. Because of its brilliant vellow colour, turmeric is also known as "Indian saffron".

We've blended ground turmeric with coconut milk powder, raw coconut nectar, and a touch of cinnamon and black pepper, to create a delicious and nourishing drink. We hope you love it as much as we do - it truly is a 'hug in a mug'!

#### HOW TO MAKE:

for a few seconds.

- Add one heaped tablespoon of powder to a standard 250ml mug.
- Add a little cold water to the powder and mix to a paste, ensuring there are no lumps.

TOP TIP: For an extra creamy drink whizz in a blender

Top up with hot water and mix well for a deliciously frothy, wholesome hot drink.



EU/non-EU agriculture



Typical nutritional per 100g values per serving Energy (kcal) 2121 699 Energy (kJ) Total fat 24.7a 8.1a of which saturates 22.11g 7.2g Available Carbohydrates 67.3g 22.2g Total Sugars 28.8g 9.5g Fibre 0.9g 0.2g Total Protein 3.3g 1.0g Sodium as salt 🎾 0g

Ingredients: Organic coconut milk powder

(organic coconut milk, organic tapioca maltodextrin, stabiliser: organic gum acacia), organic raw crystallised coconut nectar, organic ground turmeric (4%), organic ground cinnamon, organic black pepper

### Servings - 10 cups/7 mugs

