

# ONE BITE

VEGAN MAGAZINE

Perfect Creamy  
**Turmeric**  
**Latte**

IG WORTHY  
FIG & COCONUT  
CREAM TOAST

*Swirly Cinnamon Rolls*  
with Tofu Icing

*Rich Arugula-Pecan*

**CHEESY**  
**SPREAD**

*Tofu Spread with*  
*Dried Tomatoes*

**Smoky Baba Ganoush Dip**



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# How to Make The PERFECT Turmeric Latte

By: Tara from A Vegan Visit



Turmeric is one of the world's most incredible spices. It has anti-inflammatory and antioxidant properties, something we could all do with some more of!

This recipe gives you the PERFECT turmeric latte; it's creamy, sweet and utterly moreish. Enjoy!



## Turmeric Latte Recipe

**Serves 2**

### INGREDIENTS:

- 1 can of coconut milk (just the top thick, creamy bit)
- 400ml unsweetened soya milk (or any other dairy-free milk)
- 20ml maple syrup
- 1 tsp turmeric\*
- 1/4 tsp cinnamon
- Pinch of black pepper

### INSTRUCTIONS:

1. Put your turmeric powder, cinnamon and pepper in a saucepan (off the heat) with a little bit of your dairy free milk, stir it well to make a paste and then add the maple syrup.
2. Add the coconut milk and the rest of your dairy free milk to the saucepan.
3. Warm gently (don't boil) and whisk until the turmeric is fully dissolved and the milk is warm through.



## ABOUT THE AUTHOR

Tara, from food and travel blog [A Vegan Visit](http://aveganvisit.com), hopes to inspire you with new and inventive dishes, along with top tips for vegan travel! Find recipe re-creations of the best vegan food from around the world on her blog: [aveganvisit.com](http://aveganvisit.com)

