

# Turmeric Latte

 Serves 1 |  Prep time 5 min |  Cook time **No cooking needed**

 Symptom support **Diabetes**

## How this recipe supports cancer health

This latte provides gentle, warming relief that's easy on the stomach. Turmeric and ginger supply anti-inflammatory compounds that can help calm nausea and support overall digestive comfort. Warm milk or soy milk offers light hydration and a small amount of protein, which can be helpful when appetite is low.

A touch of honey or maple syrup adds mild sweetness without causing a sharp blood sugar spike, making it appropriate for diabetes management. The smooth texture and gentle spices make this drink a soothing option for evenings or moments when the stomach needs calm rather than stimulation.

## Ingredients

- 1 cup milk or soy milk
- ½ tsp turmeric
- ¼ tsp ground ginger (or thin slices fresh)
- 1 tsp honey or maple syrup
- Optional: pinch cinnamon



## Instructions

1. Heat milk with turmeric and ginger for 3–5 minutes.
2. Stir in honey and cinnamon before sipping warm.

## Vegan Swap

Use plant milk and maple syrup.

## Nutrition Info (per serving)

Approx. 150 kcal | 8g protein | 0g fiber  
5g fat | Cholesterol-free

## Notes