

## FRESH TURMERIC AND SPICE INFUSED ALMOND MILK

Fresh Turmeric has an exotic, earthy, floral citrus flavor that pairs beautifully with other spices in this flavored almond milk - look for the small orange ginger like roots at natural foods stores or at Indian or Thai markets. The spice infusion can be made ahead and kept in the refrigerator so that you can mix a single serving whenever you desire. Think of this beverage as a caffeine free chai and serve it hot or chilled.

Turmeric has long been used in Indian Ayurvedic medicine to treat skin conditions, and contemporary research confirms its impressive anti-inflammatory properties, as well as its anti-fungal powers. Initial studies are also finding that curcumin, a substance found in turmeric may be effective in slowing the growth of cancer cells, treating rheumatoid arthritis and even warding off the onset of Alzheimer's.



**Makes 8 servings.**

Ingredients:

1 (2-inch) piece of cinnamon stick

6 cardamom pods

3 1/2 ounces unpeeled fresh turmeric root

8 cups of almond milk, homemade (page 44) or unsweetened store bought

About 8 teaspoons raw agave nectar

In a small, heavy saucepan, combine 1 cup of water, the cinnamon and the cardamom. Bring to a rolling boil over high heat, then reduce the heat to maintain a simmer and cook for 20 minutes. Place the turmeric root in a blender, add the hot spice mixture and pulse briefly until the turmeric and spices are finely chopped. Let stand until cooled.

Strain the turmeric - spice infusion through a fine mesh sieve into a jar, pressing firmly on the solids to extract as much liquid as possible; discard the solids. (The turmeric-spice infusion can be made up to 2 weeks ahead. Seal the jar tightly and refrigerate.)

For each serving in a glass combine 1 cup of almond milk, 1 tablespoon of turmeric-spice infusion, and 1 teaspoon agave nectar stir to blend.

**Each Serving:**

**80 Calories (kcal)**

**3 g fat**

**0 mg cholesterol**

**13 g carbohydrates**

**1 g dietary fiber**

**1 g protein**

**150 mg sodium**

**500 IU vitamin A**

**0 mg C**

**201 mg calcium**

**trace iron**