

# **Creamy Turmeric Milkshake**

Serves 1

1 tsp. Grated Ginger

1 tsp. Grated Turmeric

1 1/2 Cups Plant Milk

1/2 -1 tsp Liquid Sweetener (I used coconut nectar)

Pinch of Cinnamon

1/8 Cup Cashews, soaked for at least 2 hours

1/4 tsp Ground Turmeric

1/4 tsp. Mesquite (Optional)

Ice for Serving

1. Drain Cashews and combine them with all the other ingredients in a blender. Puree until smooth and the mixture becomes frothy. Taste and adjust sweetener if needed.

Serve over ice.