

NOURISH YOUR MIND AND BODY EMBRACE MINDFULNESS

Did you know?

- Mindful eating is the practice of checking in with your inner cues before, during, and after eating.
- To eat mindfully, take time to tune into all five senses during each bite; create an eating experience while honoring your hunger and fullness cues.
- Slow down with a mindful routine - enjoy a warm beverage, journal, or do yoga to relax and connect your mind and body.



Take a moment to rejuvenate yourself with a spicy and slightly sweet “golden milk” latte made with turmeric, ginger, and cinnamon. This yellow, or “golden,” latte is full of antioxidants and is perfect for savoring.

Experiment with different milks to find your favorite. Consider hemp, oat, almond, coconut, or pea milk as a non-dairy alternative.

Vegan Golden Milk Latte

Makes 2 servings • 1 serving = 8 ounces

- 2 cups plant-based milk
- 2 tablespoons turmeric
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- Pinch black pepper, finely ground
- 2 tsp agave syrup

Combine all ingredients in a medium saucepan and whisk to dissolve spices. Bring to a simmer over medium heat, whisking periodically. When golden milk starts to boil, remove from heat, pour into cups, and serve immediately.