



MELISSA'S FAVORITE TURMERIC STEAMER

Ingredients:

8-12oz Milk
1/2 Ripe Banana
1-2t Coconut Oil
1-2t Butter
1-2t Sweetener of Choice
Dash of Black Pepper

Turmeric Essential Oil
Ginger Essential Oil

Instructions:

Warm all ingredients on the stove, being careful not to boil. Blend for 30 seconds with a hand blender. Pour into your favorite mug and add 2-5 drops of turmeric essential oil and 1 drop of ginger essential oil. Stir & enjoy!