

Where am I from?

Our organic turmeric is grown in the Kerala region, known as "India's Spice Garden". Our producer works with small artisan farmers throughout the whole growing process to make farming a viable option, including education in sustainable organic farming methods, making a marked difference in the lives of these Indian farmers.

To see how you're helping to make a big difference with Fair Trade, google "Lucy Bee Fair Trade".

TURMERIC LATTE

1 tsp. Lucy Bee Turmeric
1 tsp. Lucy Bee Coconut Oil
1 tsp. Lucy Bee Cinnamon
(plus extra for dusting)
300ml almond milk
1 tsp. agave syrup

Method

- Add all ingredients to a saucepan, on a medium heat, until warmed through.
- Add to a blender and whiz.
- Top with a dusting of Lucy Bee Cinnamon.



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See all of
our recipes at
www.lucybee.co



**ORGANIC RAW
TURMERIC
POWDER**
FAIR TRADE
**GREAT FOR
BAKING
CURRIES
DRINKS
SMOOTHIES**



250g e



Did you know?

Turmeric, a natural product, is often referred to as "Indian Saffron" and is part of the ginger family. It's been widely used for centuries in herbal remedies and contains the active ingredient curcumin, giving turmeric its vibrant colour.

What do I taste like?

A slightly peppery taste with a fragrance reminiscent of orange and ginger. It's a great spice to experiment with - use when baking bread, making sauces, stir into drinks and, of course, adding to your favourite curries!

- ✓ **NO GLUTEN OR DAIRY**
- ✓ **NO PRESERVATIVES**
- ✓ **NO GMOS & NO ADDITIVES**

Ingredients: 100% Organic Raw Turmeric Powder.
Store in a cool, dry place.

Product of India.
Imported by: Lucy Bee Limited,
PO Box 214, Hertford SG14 2ZX.

Nutritional Information

Typical values per 100g	
Energy kJ	1192
Kcal	283
Fat	0.7g
of which saturates	0.3g
Carbohydrates	53.6g
of which sugars	2.7g
Fibre	21.5g
Protein	4.9g
Salt	0g

Best before
date see base.
Contents may
settle in transit.

