

DANDY COCOA LATTE

SERVES: 1 PREP TIME: 5 MINUTES

Without the caffeine from coffee, this is a great alternative for a latte anytime of day.



INGREDIENTS:

- 1 cup unsweetened vanilla soy milk (or oat milk)
- 1 tablespoon cocoa powder
- 1 tablespoon Dandy Blend
- 1 tablespoon maple syrup

DIRECTIONS:

Combine ingredients in a glass measuring cup that holds 2 cups or more of liquid. Using an immersion blender (or a whisk), mix together. (I prefer the immersion blender to create froth.)

Pour into a mug or insulated cup and enjoy!

TIP:

Add 1/2 teaspoon of cinnamon for additional flavor and the health benefits. Cinnamon is an antioxidant and anti-inflammatory, it improves insulin sensitivity, and promotes gut health.