



EAT FOR LIVING

Did Someone Say Latte?

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<http://www.eatforliving.ca>



Cashew Latte

2 servings

10 minutes

Ingredients

2 cups Coffee (brewed)
1/4 cup Cashews (preferably soaked for
2 - 4 hours)
1 tbsp Raw Honey (or coconut sugar)
1/8 tsp Sea Salt (a pinch)

Directions

- 1 Blend in high speed blender till smooth and frothy. Enjoy this delicious, dairy free cup of decadence!

Notes

Take it up a notch...: Add a 1/2 - 1 teaspoon of cinnamon and/or a tablespoon of cacao powder.

Looking for more health benefits?: Try adding a teaspoon of Maca powder and get your dose of adaptogen power!



Coconut Matcha Latte

1 serving
10 minutes

Ingredients

1 cup Water (hot)
1/2 cup Organic Coconut Milk
1 tsp Green Tea Powder
1 tbsp Coconut Butter
1 tbsp Raw Honey (optional)

Directions

- 1 In your blender, combine the hot water, coconut milk, matcha, coconut butter, and raw honey (if using). Blend until creamy and frothy. Pour into a mug and enjoy!

Notes

Coconut Butter: Made from the ground meat of a coconut, it is sweeter and creamier than coconut oil. It's sold at most grocery stores and health food stores. Alternatively, you can use coconut oil instead.

More Protein: Add a scoop of collagen or gelatin protein.

Make it Vegan: Use maple syrup instead of honey.



Golden Turmeric Latte

2 servings
10 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Organic Coconut Milk (canned)
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil

Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root: Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess: Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go: Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan: Use maple syrup to sweeten instead of honey.



Golden Turmeric Hot Chocolate

1 serving
5 minutes

Ingredients

1 tbsp Cacao Powder
1/4 tsp Turmeric (dried, ground)
1/4 tsp Cinnamon
1 1/2 tps Coconut Butter
1/2 tsp Honey
1 cup Water (hot)
1/2 cup Unsweetened Almond Milk

Directions

- 1 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes

No Cacao Powder: Use cocoa powder instead.

No Honey: Use maple syrup or stevia instead.

Nut-Free: Use oat milk or coconut milk instead.

No Coconut Butter: Use almond, cashew or sunflower seed butter instead.



Pumpkin Spice Latte

1 serving
10 minutes

Ingredients

1/2 cup Organic Coffee
2 tbsps Pureed Pumpkin
1 1/2 tbsps Maple Syrup
1/2 tsp Pumpkin Pie Spice
3/4 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk: Use coconut milk instead.

No Blender: Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover: Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

Caffeine Free: Replace coffee with additional almond milk.