

LOVE THY CARROT

real food made with love

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MORINGA LATTE

This recipe makes 2 servings.

INGREDIENTS

1 1/2 tbsp moringa powder
3 cups plant based milk
2 tsp maple syrup, honey, stevia or any sweetener your like to use
1 tsp coconut oil

DIRECTIONS

1. In a small pot over medium heat, combine all ingredients and whisk thoroughly until well-combined.
2. Just before the boiling point remove from heat.
3. Blend well with a whisk to make it a bit frothy.
4. Pour into two mugs and enjoy.