

Dandy Blend Tea Latte

Recipe by Rachel Molenda from Joyous Health

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Ingredients:

- 1 cup hot water
- 1/4 cup almond or coconut milk
- 1 tbsp Dandy Blend
- 1 tsp raw honey or maple syrup to sweeten (optional)
- 1 pinch of ground cloves (optional - for a bit of spice/bite)

Instructions:

1. Boil 1 cup of water in a pot over the stove or in your kettle
2. Transfer hot water to a blender and add remaining ingredients
3. Blend on high for 20 seconds and pour into your favourite mug