

Superfood Pink Latte

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 2 tbsp organic raspberry powder or pomegranate powder or 1 tbsp beetroot powder
- 2 heaping tbsp of coconut butter
- 1-2 tbsp maple syrup or honey
- 1/2 tsp grated ginger
- 2 cups hot water
- *Optional: 1 scoop collagen

Instructions:

1. Add to a high power blender, raspberry powder, coconut butter, maple syrup or honey, grated ginger, hot water and collagen if using.
2. Let steam come out before blending. Blend for 60 seconds until fully mixed and frothy. Pour into 2 mugs and enjoy.
3. I made some extra foam for the top in my espresso machine. Using about 1/2 cup of non-dairy milk, steam milk until frothy. Spoon froth on top and sprinkle with powder.

Notes:

Serves 2. Raspberry powder has a slightly sweet flavour so you may not have to add as much maple syrup or at all. I bought it on amazon, see my links above and below.

*Genuine Health's unflavoured collagen dissolves really nicely into this recipe which I highly recommend you add.