

## Dandy Coconut Latte

[Dandy Blend](#) is a great coffee replacement. It contains over 50 trace minerals in each cup, most of which the body uses to help synthesize compounds needed in metabolism. Dandelion root is what makes Dandy Blend unique. It is the only instant coffee alternative in the United States that contains dandelion root. Dandelion is a valued vegetable and highly respected herbal medicine. It is one of the top six herbs in the Chinese medicine chest. If you want to give up coffee Dandy Blend is a good replacement, not exactly coffee but a tasty beverage with a similar texture.

1 serving

1-2 tsp Dandy Blend

1 tsp gelatin

¼ cup almond, hemp or coconut milk

1 ½ cups hot water

1 Tb [coconut butter](#)

4-6 drops liquid stevia

- Place Dandy and gelatin in a blender
- Add almond milk and hot water.
- Blend until smooth and frothy
- Mix in the stevia's