



## Dandy Hazelnut 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 alternative.

1 Grande serving

1 Tb Dandy blend

1 ¼ cup boiling water

1/3 cup [hazelnut milk](#)\*

1 tsp cacao butter or coconut oil

8-10 drops liquid stevia

- Put dandy blend cacao butter and hazelnut milk into a blender
- Bring water to a boil and pour into the blender.
- Blend until frothy. Also can be made using a [hand held milk frother](#), process until frothy
- Pour into the mug.
- Top with cinnamon.

\*Note: This can be made with almond milk or hemp milk but you won't get the hazelnut flavor.