

Teccino, Yerba Matte or Dandy Latte

A latte can be made with any of the coffee alternatives. The nut milk makes it creamy and provides a little protein and fat to stabilize your blood sugar. The gelatin supports the detoxification and healing of your digestive system.

1 serving

1 cup Teccino, Yerba Matte or Dandy Blend

1 Tb gelatin

¼ cup almond, hemp or coconut milk

4–6 drops liquid stevia

- Prepare the beverage of choice according to package directions.
- Add it to the blender along with the gelatin
- Add nut milk of choice
- Blend until smooth and frothy
- Mix in the stevia's