

Red Rooibos Latte

1 serving

12 oz hot rooibos tea

1 tsp [cacao butter](#) or [virgin coconut oil](#)

½ tsp [maca powder](#) (optional)

¼ cup nut milk

4-6 drops liquid stevia or 1 tsp raw honey

- Brew rooibos tea and keep hot on a low flame
- Place cacao butter and optional maca in a blender.
- Add nut milk, hot rooibos tea and stevia.
- Blend until smooth. Add more stevia if desired

Nutrition Information

- Naturally CALMING and naturally REDUCES STRESS - Rooibos helps soothe the central nervous system, reducing production of the stress hormone Cortisol.
- SUPPORTS YOUR IMMUNE SYSTEM. Rooibos tea is rich in anti-oxidants. Helping to reduce effects of cell damage within the body, it may boost overall immunity to help combat lifestyle diseases.
- Naturally helps MAINTAIN HEALTHY SKIN AND BONES - With essential minerals such as Iron, Potassium, Calcium, Zinc and Magnesium, Rooibos tea helps strengthen your teeth and bones.