

# Roasted Dandelion Root Latte

**Servings: 1**

**Ingredients:**

- 1 cup plant milk such as almond, rice or coconut milk (if you use full fat coconut milk dilute with 50% water)
- 1 teaspoon grass fed butter or coconut oil (skip this if you use full fat coconut milk)
- 1 teaspoon roasted dandelion root powder
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- ½ teaspoon maple syrup or local honey, raw
- 1 drop of doTerra Ginger essential oil (optional)

**Directions:**

1. Heat the milk in a saucepan on the stove. Add butter or coconut oil if using.
2. Once the added fat is melted, add the dandelion root powder, cinnamon, cardamom and maple syrup, and stir until smooth.
3. Take the mixture off the burner and add the ginger oil.