

Stress Buster Latte

Serves 1

Ingredients:

- 1 cup of plant milk, unsweetened—almond, cashew, coconut
- 1 tablespoon grass fed butter or coconut oil
- 1 teaspoon of ashwagandha root powder*
- ¼ teaspoon of Maca powder, gelatinized**
- ½ teaspoon Ceylon cinnamon
- ¼ teaspoon cardamom
- ½ teaspoon maple syrup or raw honey

Directions:

1. Warm the milk in a small saucepan on top of the stove. Add the healthy fat.
2. Pour saucepan contents into the blender. Add the powders and maple syrup/honey. Be careful to place the top on the blender loosely and cover with a cloth dish towel—otherwise you will have hot liquid all over you and your kitchen.
3. An alternative to the blender is to use a wire whip and blend all ingredients into the milk mixture.
4. Sit in a comfortable chair. Relax and Enjoy!

* A great source for the ashwagandha and other quality bulk herbs is
www.MountainRoseHerbs.com

** Gelatinized maca is easier to absorb and you can get it here:
supplements.smartnutritionllc.com