

# *Paleo Maca Latte Recipe*



## **The Ingredients:**

- 1 cup of Flaxseed Milk (or non-diary of your choice)
- 1 teaspoon of maca powder
- 1/2 teaspoon of organic cinnamon

### **Add-on:**

- 1 tablespoon of liquid sweetener, honey

## **Instructions:**

### **Hot Prep:**

- 1.) Combine Flaxseed Milk medium-heat whisk in maca powder and cinnamon (and sweetener)

### **Cold Prep:**

- 1.) Combine Flaxseed Milk, maca powder and cinnamon (and sweetener) in a blender.
- 2.) Pour over ice

ENJOY!

