



Dreamy Cacao Maca Latte

Ingredients

2 teaspoons raw cacao powder
1 teaspoon maca powder
½ Tablespoon coconut sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground turmeric
1 cup milk of choice
1 Tablespoon coconut oil

Directions

Combine dry ingredients into a small bowl.

Heat milk and coconut oil in a small pan over the stove. Once hot, remove from heat and whisk in dry ingredients. Serve warm

Alternatively, ingredients can be combined in a blender and blended until smooth, which will make a frothier latte.

Serves 1

Other options: Omit the cacao to experience more of the maca flavor, or experiment with different spices to find your favorite maca latte! A great add-in is ½ teaspoon vanilla.

Make ahead tip: Combine all dry ingredients in individual serving sizes so all you need to do in the morning is heat the milk and oil, whisk together and enjoy!

Recipe Highlights:

This latte is rich and creamy and is the perfect alternative to a morning (or afternoon!) cup of coffee. Maca has many benefits, including reducing fatigue, supporting cognitive function, balancing hormones, and improving peri-menopause and menopausal symptoms. Maca has a slightly nutty flavor that pairs well with cacao. Maca powder can also be added to smoothies. Cacao can improve mood, memory, and cognitive function. It's also high in antioxidants! When purchasing cacao, look for it in its raw form, with no additional additives.

