

Vegan Golden Lavender Cacao Adaptogenic Latte

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- *prep time: 5 minutes*
- *cook time: 0 minutes*
- *total time: 5 minutes*

Yields: 1 serving / 1 1/2 cups

Ingredients:

- *1 cup brewed **Cacao Rasa***
- *1/2 cup unsweetened vanilla almond milk (or any milk of choice)*
- *1 1/2 teaspoons maple syrup or raw honey (or **sugar-free sweetener**)*
- *1/2 teaspoon ground cinnamon*
- *1/2 teaspoon ground turmeric*
- *1/2 teaspoon unrefined coconut oil*
- *1/8 teaspoon ground black pepper*
- *1/2 teaspoon culinary grade lavender buds*

Instructions:

- 1. On the stovetop over medium-low heat combine Rasa Cacao, milk, sweetener, cinnamon, turmeric, oil and black pepper until warmed throughout.*
- 2. Add lavender buds. Cover and let steep for 2 minutes.*
- 3. Strain with a fine mesh strainer, cheesecloth or nut milk bag.*
- 4. Enjoy!*