



Creamy Salted Caramel Tea

By Katie Henry - Produce On Parade

Serves 1

This rooibos based Creamy Salted Caramel Tea is thickened with coconut cream, sweetened with dates and Kahlua, and has just a pinch of salt.

Ingredients

- 1 cup boiling water
- 1 Tbsp. caramel Rooibos Tea (or tea of choice)
- 1/2 cup full-fat canned coconut milk
- 1 medjool date, de-pitted and chunked
- 1 Tbsp. Kahlua
- 1/4 tsp. xanthan gum (optional)
- small pinch of salt

Instructions

1. Steep the tea in the hot water for 5 minutes. This will be a very strong cup of tea.
2. In a blender add all the ingredients, including the steeped tea. Blend on high, until the dates have become completely integrated.
3. Serve hot, topped with a dash of cinnamon if you wish!