

Keto Chai Tea Latte with Marine Collagen Protein



Prep Time

10 minutes

Total Time

10 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Blender



Nutrition

241 Calories

18g Fat

12g Protein

7g Net Carbs

Ingredients

- 1/2 cup full fat coconut milk
- 1 cup boiling waterTulsi Masala Chai Tea Bag
- 1 scoop Natural Force Marine Collagen Peptides
- sprinkle of cinnamon

Instructions

1. Add the chai tea bag to boiling water. Let steep for about 3 to 4 minutes. Meanwhile, add the coconut milk to the saucepan set over medium/low heat.
2. Heat until steaming (not a boil).
3. Pour liquid into a blender and add Natural Force Marine Collagen Peptides.
4. Blend for 30 seconds or until frothy before pouring into a mug (If you don't have a blender, a hand mixer will also work).
5. Sprinkle with cinnamon and serve.