

Keto Tea: Boosted London Fog Latte with Adaptogens, Collagen & MCTs



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

147 Calories

10g Fat

11g Protein

2g Net Carbs

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup boiling water
- 3 Earl Grey tea bags
- 1 tbsp Natural Force Vanilla Keto Coffee Creamer
- 1 scoop Natural Force Collagen Peptides (omit for vegan or vegetarian)
- $\frac{1}{2}$ tsp of vanilla extract
- $\frac{1}{8}$ tsp ashwagandha
- sprinkle of cinnamon

Instructions

1. Add the tea bags to boiling water. Let steep for about 3 to 4 minutes. Meanwhile, add the almond milk to the saucepan set over medium/low heat.
2. Heat until steaming (not a boil).
3. Pour liquid into blender and add the Keto Coffee Creamer, Collagen Peptides, vanilla extract, and ashwagandha.
4. Blend for 30 seconds or until frothy before pouring into a mug.
5. Sprinkle with cinnamon and serve.