

My Favorite Detox Latte



Ingredients

Freshly brewed [Teecino](#) (I prefer ground vs tea bag in a french press for best flavor)

2 tbsp of homemade coconut milk (or almond) or to your liking:)

1 tbsp coconut oil

Sprinkle cinnamon on top to balance the blood sugar

Directions

Blend in the Nutribullet for 5 sec and you have yourself a latte.

Notes

Brew your Teecino either in your reusable KCUP or a press, or cowboy style for all you Montana women out there. You want to use the same amount of coffee you normally use, just sub half of it out with Teecino (or decaf if you're not into the Teecino)