

Hot Caramel Carob Latte

If you love hot cocoa but don't love the caffeine content keeping you up all night, this Hot Caramel Carob Latte recipe is for you! Carob, is a wonderful caffeine-free chocolate alternative with a hint of natural sweetness.

Coupled with **CanPrev's Magnesium 50 Liposomal** in a delicious salted caramel flavour, it makes for a relaxing treat that provides electrolytes and soothing muscle action. Now that's something to toast to!



Preparation time: 10 mins | Servings: 1



Ingredients

- 1 cup plant-based milk of choice
- 1 tbsp carob powder
- ⅛ tsp freshly ground nutmeg
- ⅛ tsp cinnamon
- Pinch of salt
- 1 tsp Magnesium 50 Liposomal

Optional ingredients:

- Sweetener of choice

Method

1. Add plant-based milk, carob powder, nutmeg, cinnamon, salt, and sweetener (if using) to a blender. Blend until combined, and your desired frothiness is achieved.
2. Pour mixture into a small saucepan to warm on medium to high heat on the stovetop, stirring occasionally.
3. Add your dose of Magnesium 50 Liposomal into your favourite mug.
4. Once the mixture begins to bubble and rise, remove from the heat and pour it directly into the mug.
5. Stir well to ensure your Magnesium 50 Liposomal is well incorporated. Enjoy warm with a sprinkle of cinnamon.

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Lena is a nutritionist, writer, and recipe developer. She is the author of The Vegan Armenian Kitchen Cookbook, which focuses on healthy, authentic vegan dishes.

