

Gingerbread Chai Tea Latte

THM-Friendly: FP or S for full meal

- 1 cup warmed unsweetened nut milk (I prefer Cashew)
- 2 chai tea bags brewed in 1 cup of hot water
- 2 Tbsp. Swerve Brown
- 1/2 tsp. blackstrap molasses
- 1/2 tsp. powdered ginger
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 Tbsp. Creamy Dreamy or Pristine Whey Protein
- 1 Tbsp. coconut oil (for full meal version)



Blend and enJOY!

For an extra special treat, top with whipped cream and KJ's Gingerbread Crumble.



<https://www.joyfullifewithkj.com/16-days-of-christmas/gingerbread-chai-tea-latte>

