

# Creamy Gingerbread Sipper

THM-Friendly: SIPPER

- 4 bags ginger spice tea, steeped in 1 cup of water
- 1/2 cup unsweetened nut milk
- 1 tsp. ginger paste
- 6 droppers full of SweetLeaf Vanilla Cream liquid stevia
- 1 Tbsp. vanilla extract
- 2 Tbsp. collagen
- a pinch of mineral salt

Brew tea in hot water for 10-15 minutes.

Add all ingredients to a pitcher (including the tea) and mix well.

Add cold water to reach the top of the pitcher.

Ingredients will settle in the fridge; stir or shake again before serving.

enJOY!

