

# Purple Sweet Potato Latte

with Cinnamon Cream Cheese Cold Foam

THM-Friendly: E

This is a super unique drink. The traditional Korean version is simply sweet potato powder, sugar and milk (or sweetened condensed milk). Purple Sweet Potatoes are one of the most nutritious foods for your body! The powder is packed with fiber, rich in anthocyanin (anti-inflammatory/antioxidant), energy and immunity-boosting vitamins, vitamin C, and minerals. Because this powder is dried at a low heat, it preserves the vitamins minerals and nutrients.

- 2 tsp. purple sweet potato powder
- 2 Tbsp. water
- 1/2 tsp. Super Sweet

Mix in a small bowl and use some to garnish your glass. Add ice to the glass.

In another glass add the syrup you just made, plus

- 1 Tbsp. collagen powder (optional)
- 1 Tbsp. Brown Swerve
- a sprinkle of cinnamon and nutmeg
- 1 cup nut milk

Froth and pour over the glass of ice. Add an optional shot of espresso to top.

## **For cream cheese cold foam:**

In a separate container, add 1/4-1/2 cup nut milk with a touch of sweetener and cinnamon. Add 1/2 tsp. cream cheese extract. Froth and pour on top of your latte.

enJOY!

