

Lazy 'Nila Latte



Because some days we just don't want complicated. We don't want to deal with the effort of coffee. We don't want more chocolate. We simply don't have time. We don't want effort. We love vanilla.

Whatever the case, this is the recipe for those types of days.

Lazy 'Nila Latte Steps:

1. Combine 1 mug of almond milk and 2 pitted medjool dates into pot.
2. Heat.
3. When dates are soft, use immersion blender and blend dates and nut milk until frothy. (Any blender will work)
4. Add 1 capful of organic pure vanilla extract to your mug. Add latte.
5. Enjoy!

No syrups, no bad fats, no stimulants and no hassle. Perfect anytime.



Vanilla has antioxidant properties, has been known to help with inflammation, aid in lowering fevers naturally, is antibacterial, and has been known to help reduce anxiety and depression. It has such an amazing fragrance that it is used in baking, candles, perfume and more. Avoid chemical based vanilla extract by looking for organic pure vanilla extract.

Medjool dates are one of the oldest crops dating back to 5500 BC and have



been a staple ever since. They are loaded with vitamins, fibre, phytonutrients, and minerals, and as such are a great way to sweeten foods. Dates are great for controlling constipation due to their high fibre content. They have been known to help with lowering cholesterol, improve bone health and treat diabetes.

When time is short and you really want a treat that feels like a cozy, warm blanket on a cold night give **Lazy 'Nila Latte** a try!

