

Hazelnut  
Orange  
Latte



**A**romatic and warming without all the heavy creams and syrups that can mess with your blood sugar levels! Cold winter evenings set the perfect scenario for enjoying a decadent, silky latte and Hazelnut with orange is the perfect combination. This nutrient-loaded latte works well as a great early morning pick me up as well.

**Hazelnuts** are rich in unsaturated fats (mostly oleic acid), high in magnesium, calcium and vitamins B and E. They are good for your heart, may help reduce the risk of cancer, and aid in muscle, skin, bone, joint and digestive health. Hazelnuts go naturally hand-in-hand with cacao, so it's no wonder they are paired in many decadent desserts.



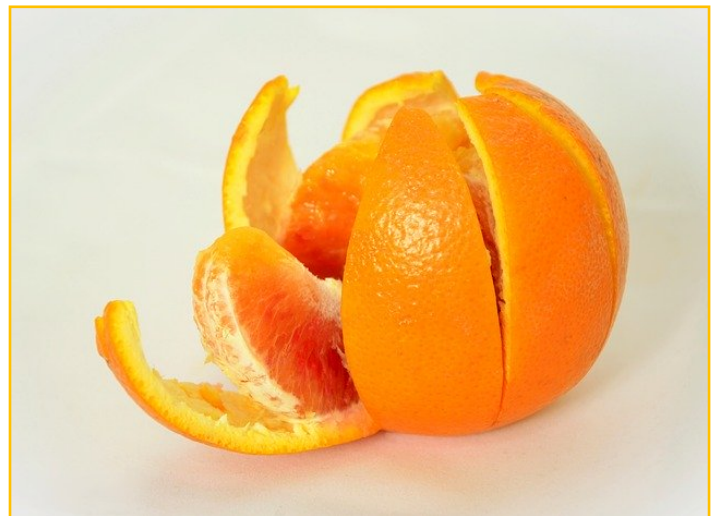


**Raw Cacao** has over 40 times the antioxidants of blueberries. Cacao packs in more calcium than cow's milk. It's densely packed with iron, magnesium and antioxidants. Consuming cacao may help with issues such as depression, stress, blood pressure and heart health. No wonder a piece of dark chocolate can put a smile on your face – just be wary of chocolate laden with high sugar!

**WARNING: Chocolate is not safe for dogs!** Theobromine, a caffeine-like molecule in cacao (major ingredient in chocolate) causes too much blood flow into the brain and is in fact poisonous to dogs. Typically, few dogs eat fatal amounts of chocolate, but smaller doses can still cause seizures and other symptoms.

**Oranges** are one of the most popular fruits worldwide for good reason - they are delicious and nutritious. The orange peel itself is rich in several nutrients, including fiber, vitamin C, and plant compounds like polyphenols. In fact, just 1 tablespoon (6 grams) of orange peel provides 14% of the Daily Value (DV) of vitamin C — nearly 3 times more than the inner fruit and about 4 times more fiber.

Orange peel also contains Vitamin A, folate, riboflavin, thiamine, vitamin B6, and calcium. It is beneficial for heart and digestive health and may help prevent and manage many chronic conditions, such as type 2 diabetes and obesity. Nearly 90% of the essential oils in orange peels are made up of **limonene**, a naturally-occurring chemical that has been studied for its anti-inflammatory and anticancer properties.



**Maca Root** is a popular supplement among bodybuilders and athletes because of its reputation to help increase muscle and strength. However, the rest of us may like that it helps boost energy and improve exercise performance and stamina. It is very high in Vitamin C and comes with a good deal of essential minerals such as copper and iron. Just add maca root powder to your smoothies and you're all set!



**Coconut Nectar**, also known as coconut blossom nectar, is a liquid sweetener made from the flower sap of the tree. Before the coconuts form, their thick flowering stems are tapped, in a similar fashion as maple syrup. After this nectar is collected, it's thickened using partial evaporation to produce a syrup. It provides trace amount of minerals and is considered to be a healthier form of sweetener than refined sugar.

When the syrup is further evaporated, it becomes **Coconut Sugar**. FYI - neither taste coconuty!



This lovely latte smells like Hazelnut Orange Chocolate treats but packs a wonderful nutritional punch!

## Ingredients:

2 cups milk or non-dairy milk (we used organic whole milk, but really, any will do)

**Note:** This latte is great all on its own, but you can certainly add a shot of espresso or ½ a cup of brewed coffee, and if you want an alternative, try DandyBlend, Rooibos tea or Black tea

**1 tbsp hazelnut butter**  
**1 organic orange, zest only**  
**(or ½ tsp of organic orange extract)**  
**1 tbsp raw cacao powder**  
**2 tsp of collagen powder**  
**2 tsp maca powder**  
**¼ tsp ground cloves**  
**1 tbsp coconut nectar or coconut sugar**  
**whipped coconut cream (optional)**

\* You can substitute coconut nectar with maple syrup.



Heat the milk/non-dairy milk, but try not to let it boil (it will form a skin on top otherwise)

Add all of the ingredients (except ground cloves) to a blender and blend until smooth and frothy.

Sprinkle with ground cloves.

Best part - Pour into mug, sniff and savour

Optional – Whipped Coconut Cream - Make sure you chill your coconut cream (not coconut milk), in the fridge for at least 24 hours before whipping.

*Enjoy this lovely cup of heaven when you need an energy boost or really, whenever you need a little latte break!*