

# Healthy Gingerbread Latte



## Ingredients

- 1 1/2 cup almond milk
- 1/4 cup espresso (1-2 oz shot)
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- Sprinkle ground nutmeg
- 1 teaspoon molasses or maple syrup

## Directions

1. Warm almond milk in the microwave or stovetop until it is at your preferred temperature.
2. Whisk together almond milk, spices and molasses for approximately 30 seconds until everything is thoroughly combined. Pour into a mug + top with espresso.