FLEURISH / DOCTOR'S KITCHEN

Spiced chai latte

with vanilla protein

A warm, softly spiced mug with a little foam on top.



Makes 1 mug | **Prep 2 min** | **Heat 6-8 min** | **Under 10 min**

INGREDIENTS

- ☐ 1 cup milk (8 oz), plus 2 tbsp
- ☐ 1/4 tsp cinnamon, plus a pinch for topping
- ☐ 1/8 tsp ground cardamom
- ☐ 1/8 tsp ground ginger
- ☐ 1 black tea bag, optional
- ☐ 1 scoop vanilla protein powder (usually about 1/4 to 1/3 cup)

LET'S COOK

☐ **1. Make a smooth paste**

Stir protein powder with the 2 tbsp cold milk in a mug until smooth.

☐ **2. Warm the spices**

In a small saucepan, whisk the remaining milk, cinnamon, cardamom and ginger over low heat for 3 to 4 minutes, until steaming. Do not boil.

☐ **3. Steep, if you like**

Turn off heat. Add the optional tea bag; steep 3 to 4 minutes, then remove. Let milk cool off the heat for about 1 minute.

☐ **4. Mix & sip**

Gradually stir or froth the warm milk into the protein paste until smooth. Top with a pinch of cinnamon and enjoy warm.

Hot milk can burn. Best fresh; refrigerate extra within 2 hours and drink within 1 day. Reheat gently over low heat.