Homemade Healthy Spanish Latte

Cook Time: 0 min	prep Time: 0 min	total Time: 0 min	servings: 0

To make 1 cup

Ingredients:

- 150ml almond milk
- 1 tablespoon condensed coconut milk
- 1 soft date
- 1/2 teaspoon vanilla extract
- 1 shot espresso or 40ml strong coffee

Instructions:

Blender only method

1. Place the two milks, date and vanilla in a high-speed blender and blend until smooth.
2. Pour into a small saucepan and warm up until hot but not boiling.
3. Pour back into the blender, securing the lid, however keeping an opening for some air to escape. Cover with a towel if necessary. Starting on slow, increase the speed to high until the mixture is nice and frothy.
4. In the meantime prepare your espresso and pour into your cup. Pour the frothed milk over the coffee and enjoy!

Blender and frother method

1. Place the two milks, date and vanilla in a high-speed blender and blend until smooth.
2. Pour into a small saucepan and warm up until hot but not boiling.
3. Pour back into the your frother or use a handheld further to froth the milk.
4. In the meantime prepare your espresso and pour into your cup. Pour the frothed milk over the coffee and enjoy!