AMERICAN · DRINK

# Dairy-Free Keto Dirty Chai Latte

10 min · Makes 1 × 1 mug (about 300 ml) · 231 kcal a portion · Video 3:44 · Keto Connect

Vegan · Gluten-free ingredients · No nuts listed

Coconut oil and coconut cream make it rich and filling with no dairy and no sugar, at about 2.5 g net carbs, so it suits a keto or dairy-free morning.

**Diet notes:** Keto (2.5 g net carbs a serve).

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## Ingredients

11 · MAKES 1 × 1 MUG (ABOUT 300 ML)

- [ ] 1 cup (8 oz) **hot brewed chai tea** (1 chai tea bag), or black tea
- [ ] 1 **espresso** (a single shot, from about 8 g ground coffee)
- [ ] 1 tbsp **coconut oil**
- [ ] 2 tbsp **thick coconut cream** (the solid top of chilled canned coconut milk)
- [ ] ¼ tsp **ground cinnamon**
- [ ] ⅛ tsp **ground ginger**
- [ ] ⅛ tsp **ground cardamom**
- [ ] ⅛ tsp **ground nutmeg**
- [ ] ⅛ tsp ground **cloves**
- [ ] 5–10 drops **liquid stevia**
- [ ] ¼ tsp **pink Himalayan salt**

**Allergens found in the listed ingredients:** none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Chill a can of coconut milk overnight (or 10 minutes in the freezer) so the thick cream rises to the top; scoop off 2 tbsp of the solid cream. 1:37
2. Brew 1 cup of strong chai (or black) tea and pull a single shot of espresso. 0:23
3. Mix the spices: ¼ tsp cinnamon and ⅛ tsp each of ground ginger, cardamom, nutmeg and cloves. A bigger batch keeps well in a small jar. 0:37
4. Put the hot tea, espresso, 1 tbsp coconut oil, the coconut cream, the spices, 5–10 drops of stevia and ¼ tsp salt in a blender. 1:19
5. Blend until smooth and frothy, then pour into a mug. Some spice settles at the bottom, so give it a stir as you drink. 2:08

> **Tip** For a caffeine-free cup, use caffeine-free chai or rooibos and leave out the espresso. The salt is the cook's amount; use a pinch if you prefer it less salty.

The method is a summary in our words — the video shows every step.

## One portion, 1 mug (about 300 ml), gives you

1 OF 1 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 231 kcal | 1.2 g | 3.7 g | 1.2 g | 24 g | 590 mg |
| 970 kJ | 2% of a day | 2.5 g net · 1.1 g sugars | 4% of a day | 21 g saturated | 26% of a day |
| | | 1% of a day | | 31% of a day | |

**Energy from** net carbs 4% · protein 2% · fat 94% — fits keto: 2.5 g net carbs, 94% of the energy from fat

**Recipe and video:** Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=N5hUJay0bT8, published 17 May 2018. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dairy-free-keto-dirty-chai-latte