

Butter Beer Latte

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Serves 1

2 points on all plans

- 1/2 Tbsp light butter
- 1 Tbsp zero calorie brown sugar (such as Swerve)
- 1 cup Unsweetened almond or cashew milk (I prefer cashew)
- 1 tsp vanilla
- dash cinnamon

1. In a saucepan, melt butter
2. Add brown sugar and stir. Heat over medium high heat until big bubble form on the surface



3. Add milk and stir. Add vanilla and cinnamon, stir. Heat until milk is heated through to desired temperature, stirring frequently.
4. Pour into a mug. Top with a dollop of whipped cream if desired (add points accordingly) and a sprinkle of cinnamon