

Brown Sugar Cardamom Oat Latte

Prep: 28 min Cook: 0 min Total: 45 min Servings: 2

Calories: 110 Fat: 1g Protein: 2g Carbs: 25g Fiber: 0g

Ingredients

- 8 oz strong coffee
- 1/4 cup oat milk or milk of choice
- 2 Tbsp Brown Sugar Cardamom Syrup see recipe below

For The Brown Sugar Cardamom Syrup:

- 1 oz whole cardamom pods
- 1 cup coconut palm sugar
- 1 cup water

Directions

1. Place milk into a microwave safe jar and heat for about 30 seconds, until warm. Tightly screw lid onto jar and shake for a few seconds, until milk is foamy. Use caution when unscrewing the lid as pressure may build up.
2. Place 2 tablespoons of brown sugar cardamom syrup in a mug. Pour hot, strong coffee over syrup. Top with foamy milk.
3. For the Brown Sugar Cardamom Syrup:
4. In a small pan over low heat, toast the cardamom pods until fragrant, stirring often. Watch closely to avoid burning them.
5. Using a mortar and pestle, lightly crush the cardamom pods. Pour the pods and any exposed seeds into a medium saucepan.
6. Add the water and brown sugar. Bring to a boil, stirring until sugar is dissolved. reduce heat to low and simmer for 15 minutes.
7. Strain solids through a fine mesh sieve. Store syrup in the refrigerator in a sealed container.
8. Enjoy your Brown Sugar Cardamom Oat Latte!