

SERVES 1

Sugar-Free Apple Crisp Macchiato

(Keto, Low-Carb, Vegan & Diabetes Friendly)

Isabellemckenzie.com | total time: 5 minutes



INGREDIENTS

- 1 Cup Unsweetened Vanilla Almond Milk
- 1/2 tsp Apple Pie Spice
- 1-2 drops caramel stevia drops, or to taste
- 1 oz brewed espresso or 1 tbsp Javy coffee concentrate
- 1 tbsp apple cider vinegar
- 1 Tbsp Herbal Vineyards sea moss gel

INSTRUCTIONS

1. Add everything but espresso or Javy coffee to a large pot.
2. Whisk well and place over medium heat. Continue to whisk until milk begins to steam.
3. Remove from heat and pour into mug (if making iced coffee, allow to cool for a few minutes before pouring over a mug with ice in it).
4. Add espresso or Javy, and top with cream.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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