

Adrenal Cream Cider - If hot apple cider and a creamy chai latte had a balanced, blood sugar baby - you would have adrenal cream cider! *Adapted from the original adrenal cocktail - fall version*

Ingredients

- 4-8 oz 100% apple juice
- 2-4 Tbsp coconut milk or cream
- 1 scoop of collagen
- ½ - 1 tsp cinnamon
- Generous pinch of sea salt
- Cinnamon sticks



Directions

1. In a small saucepan, add a cinnamon stick and apple juice and cook on medium-high heat until slightly boiling and fragrant. Take off heat.
2. In a milk frother, blender or a glass using a handheld frother - add coconut milk or cream, collagen, cinnamon, and sea salt and blend until smooth and creamy.
3. Transfer hot apple cider to a glass and pour cream over. Stir to combine and enjoy!